

April

The Willows

2026 Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH 2:00 Balance Class FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	9:30 Body Joint Exercise FC 11:00 Everfit Class	9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	9:30 Body Joint Exercise FC 1:00 Wii Bowling TH
5	6	7	8	9	10	11
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH 2:00 Balance Class FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	9:30 Body Joint Exercise FC 11:00 Everfit Class	9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	9:30 Body Joint Exercise FC 1:00 Wii Bowling TH
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH 2:00 Balance Class FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	9:30 Body Joint Exercise FC 11:00 Everfit Class	9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	9:30 Body Joint Exercise FC 1:00 Wii Bowling TH
26	27	28	29	30		
						

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Cascade Living Group

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