

April

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Zumba Gold
5	6	7	8	9	10	11
	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Drum Circle Fitness
12	13	14	15	16	17	18
3:30 PM Seated Pilates 4:00 PM Zumba Gold	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Drum Circle Fitness
19	20	21	22	23	24	25
10:30 AM Convo Ball 3:30 PM Seated Pilates 4:00 PM Zumba Gold	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Drum Circle Fitness
26	27	28	29	30		
	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch	10:00 AM Sit & Stretch		



**ALL ASSISTED
FITNESS AND COGNITIVE SERVICES**



Cascade Living Group

The Difference Between Living and Living Well