

April

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	1pm Zumba	9am Fitness Focus 1pm Zumba	2pm Exercise w/ Jacob	9am Fitness Focus	10:15am Cornhole	
5	6	7	8	9	10	11
	1pm Zumba	9am Fitness Focus 1pm Zumba	2pm Exercise w/ Jacob	9am Fitness Focus	10:15am Cornhole	
12	13	14	15	16	17	18
	1pm Zumba	9am Fitness Focus 1pm Zumba	2pm Exercise w/ Jacob	9am Fitness Focus	10:15am Cornhole	
19	20	21	22	23	24	25
	1pm Zumba	9am Fitness Focus 1pm Zumba	2pm Exercise w/ Jacob	9am Fitness Focus	10:15am Cornhole	
26	27	28	29	30		
	1pm Zumba	9am Fitness Focus 1pm Zumba	2pm Exercise w/ Jacob	9am Fitness Focus		



Cascade Living Group

The Difference Between Living and Living Well