

MHC – 2021 Schedule April

Monday:

10:00 am – 11:00 am – Fitness

11:00 am – 12:00 pm – Recovery Strategies (Depression & Coping Skills)

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 2:00 pm – Mindfulness (Self Care & Meditation)

3:00 pm – 3:30 pm – ZUMBA Gold Seated

Tuesday:

10:00 am – 11:00 am – Anxiety (New Class)

11:00 am – 12:00 pm – Yoga

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 3:00 pm – Leamington Group

Wednesday:

10:00 am – 11:00 am – Fitness

11:00 am – 12:00 pm – Anxiety (Original Group)

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 2:00 pm – ZUMBA Gold

2:00 pm – 3:00 pm – Nutrition and Wellness Roundtable

7:30 pm – 8:30 pm – Yoga (Restorative)

Thursday:

11:00 am – 12:00 pm – Yoga

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 2:00 pm – Writers Group

2:00 pm – 3:00 pm – Games and Socializing

Friday:

10:00 am – 11:00 am – Fitness

11:00 am – 12:00 pm – Self Esteem

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 3:00 pm – Art

Specialty Classes

Tuesday – April 6 & 20 (first and third Tuesday of the month):

6:00 pm – 7:00 pm – **Page Turners Book Club**

Tuesday – April 13 (second Tuesday of the month):

4:00 pm – 5:00 pm – **ZUMBA Gold LaBlast Silk** (Solo Ballroom Dancing)

Friday – April 9 & 16 (second and third Friday of the month):

6:00 pm – 8:00 pm – **Recreational Paint Night for Beginners**

Saturday – April 24 (last Saturday of the month):

6:30 pm – 7:30 pm – **ZUMBA Gold LaBlast Silk** (Solo Ballroom Dancing)