

### Osteo-Circuit Times

**Mondays:** 12:30 - 3:00 & 5:30 - 6:30  
**Tuesdays:** 11:00 - 11:45  
**Wednesdays:** 10:30 - 11:30 & 12:30 - 3:00  
**Thursdays:** 1:30 - 3:00  
**Fridays:** 12:30 - 2:00

**Put some Spring  
in Your Bones !!**

### Specialty Classes

**Tuesdays:** Osteo-Yoga 11:45 -12:30  
**Fridays:** Osteo-Aerobics 1:00 - 1:30

# APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Happy Easter</b>	2 <b>Happy Passover</b>	3 <b>No Yoga today</b>	4	5	6 <b>Aerobics 1:00 - 1:30</b>	7
8	9	10 <b>Yoga 11:45 - 12:30</b>	11	12	13 <b>Aerobics 1:00 - 1:30</b>	14
15	16	17 <b>Yoga 11:45 - 12:30</b>	18	19	20 <b>Aerobics 1:00 - 1:30</b>	21
22	23	24 <b>Yoga 11:45 - 12:30</b>	25	26	27 <b>Aerobics 1:00 - 1:30</b>	28
29	30					