

# APRIL Campus Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
<p><b>1:30 pm</b> <b>Walk for Wellness</b> <b>(Katy's Cottage)</b></p> <p><b>3:00-4:00pm</b> <b>SEATED SPORTS</b> Rhodes Room</p>	<p><b>9:30-10:30 am</b> <b>Seated Yoga at CORNELIA w/ Stephanie</b></p> <p><b>10 am CHAIR TAI CHI—IPC</b> 2nd floor library</p> <p><b>10am</b> <b>Chair Exercise</b> SEABURY</p> <p><b>11:00 am</b> Walk for Wellness (Katy's Cottage)</p> <p><b>1:30 pm</b> <b>Thera-Band Stretching</b> Rhodes Room</p>	<p><b>9:30am TAI CHI</b> TERR - 5th floor</p> <p><b>10:00am</b> <b>STRENGTHENING HULA HOOP</b> Rhodes Room</p> <p><b>1:30 pm</b> <b>Walk for Wellness</b> <b>(Katy's Cottage)</b></p> <p><b>1:30 pm NOODLE EXERCISE</b> Rhodes Room</p> <p><b>3:30 pm</b> <b>STRETCHING</b> Katy's Cottage</p>	<p><b>9:30am-10:15am</b> <b>Seated Yoga in Otto Hall w/ Stephanie</b></p> <p><b>10 am CHAIR EXERCISE</b> SEABURY</p> <p><b>11:00 am</b> Walk for Wellness (Katy's Cottage)</p> <p><b>11:45am</b> <b>LET'S DANCE!</b> OTTO Hall</p>	<p><b>9:00am</b> YMCA (CH) Functional Fitness</p> <p><b>9:30am TAI CHI</b> TERR -5th Floor</p> <p><b>10:00am</b> <b>Ageless Grace-</b> Movement/Music Katy's Cottage</p> <p><b>10:00am</b> <b>GROUP EXERCISE</b> Rhodes Room</p> <p><b>1:30 pm</b> <b>Walk for Wellness</b> <b>(Katy's Cottage)</b></p>	<p><b>10:00am</b> Chair Exercises—SEA</p> <p><b>10 am Stronger Seniors</b> DVD Rhodes Room</p> <p><b>11:45am</b> <b>LET'S DANCE</b> ATRIUM</p> <p><b>1:30 pm IPC</b> <b>Courtyard Walk</b></p> <p><b><u>SUNDAY</u></b></p> <p><b>1:30 pm Wii Bowling</b> 1st floor W Lounge</p> <p><b>5 pm</b> <b>Putting Green</b> 1st floor W Lounge</p>