

APRIL

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Aqua Fit 11-12	2 SIT & FIT 11-12	3 Aqua Fit 11-12	4 SIT & FIT 11-12
8 Aqua Fit 11-12	9 SIT & FIT 11-12	10 Aqua Fit 11-12	11 SIT & FIT 11-12
15 Aqua Fit 11-12	16 SIT & FIT 11-12	17 Aqua Fit 11-12	18 SIT & FIT 11-12
22 EASTER MONDAY NHCHC CLOSED	23 SIT & FIT 11-12	24 Aqua Fit 11-12	25 SIT & FIT 11-12
29 Aqua Fit	30 SIT & FIT 11-12		19 GOOD FRIDAY NHCHC CLOSED
			26 GYM CLOSED 10:30 - 2:30

