

AYP Health and Fitness Calendar **APRIL 2022 - classes and times subject to change!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Pickleball 10:00-12:30 pm
4 Pickleball 10:00-12:30 pm Yoga with Alex 6:00-7:00 pm	5 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Fit Fusion 6:30-7:15 pm	6 Pickleball 10:00-12:30 pm	7 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Pickleball 6:00-8:30 pm	8	9 Pickleball 10:00-12:30 pm
11 Pickleball 10:00-12:30 pm Yoga with Alex 6:00-7:00 pm	12 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Fit Fusion 6:30-7:15 pm	13 Pickleball 10:00-12:30 pm	14 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Pickleball 6:00-8:30 pm	15	16 Pickleball 10:00-12:30 pm
18 Pickleball 10:00-12:30 pm Yoga with Alex 6:00-7:00 pm	19 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Fit Fusion 6:30-7:15 pm	20 Pickleball 10:00-12:30 pm	21 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Pickleball 6:00-8:30 pm	22	23 Pickleball 10:00-12:30 pm
25 Pickleball 10:00-12:30 pm Yoga with Alex 6:00-7:00 pm	26 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Fit Fusion 6:30-7:15 pm	27 Pickleball 10:00-12:30 pm	28 Strength and Strong 9:00-10:00 am Yoga 10:00-11:00 am Pickleball 6:00-8:30 pm	29	30 Pickleball 10:00-12:30 pm

For more information on Fit Fusion, Strength and Strong, and Yoga, contact armoryyouthproject@gmail.com
 For more information on Yoga with Alex, contact alexniemi3@gmail.com
 For more information on Pickleball, contact veaches@live.com