

AF VIRTUAL CALENDAR

I N D I A N L A N D - W E S L E Y C H A P E L

WEEK 4

Senior Program

APRIL 27TH - MAY 1ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE	TIPS FOR NUTRITION	WIN	THOUGHT	FUN
<p>LIVE 11:00AM Zoom</p> <p>Senior Fitness Cardio Workout</p>	<p>LIVE 11:00 AM Zoom</p> <p>Gentle Yoga w/ Jen Riso ID #: 671 697 2337 Password: freehuggz</p>	<p>LIVE 11:00 AM Zoom</p> <p>Senior Fitness Strength Workout</p>	<p>Recipe</p> <p>Easy Smoothies Healthy Snacks Quick Meals</p>	<p>LIVE 11:00AM Zoom</p> <p>Senior Fitness Recover Workout</p>
<p>Recipe</p> <p>Easy Smoothies Healthy Snacks Quick Meals</p>	<p>LIVE 4:00 PM Twitch</p> <p>ZUMBA w/ Shari</p> <p>Search this account below for Live Stream: <u>ZumbaWithShari</u></p>	<p>LIVE 1:00PM Facebook</p> <p>Q&A Nutrition</p>	<p>LIVE 4:00 PM Twitch</p> <p>ZUMBA w/ Shari</p> <p>Search this account below for Live Stream: <u>ZumbaWithShari</u></p>	<p>LIVE 1:00 PM Zoom</p> <p>Gentle Yoga w/ Jen Riso ID #: 671 697 2337 Password: freehuggz</p>



Anytime Fitness - Wesley Chapel
Anytime Fitness - Indian Land



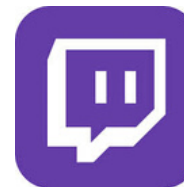
Private Facebook
Group:
AFVT



anytimefitness_indianland
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Senior Fitness
Zoom ID #:
430-351-9249



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