

APR 2024

LIVING WELL AT HOME CLASSES

Visit point32health.org/livingwellathome for links to access to these free sessions.

MON

TUE

WED

THU

FRI

01

5:15pm Yoga

02

7:30am Strength
8:30am Mindfulness

5:15pm Zumba

03

8:30am Mindfulness
1:00pm [Step into Spring](#)
5:15pm Yoga

04

7:30am Strength
8:30am Mindfulness
1:00pm RAQ
5:15pm Zumba

05

08

5:15pm Yoga

09

7:30am Strength
8:30am Mindfulness

5:15pm Zumba

10

8:30am Mindfulness
1:00pm [Stress: New Ways of Understanding an Old Problem](#)
5:15pm Yoga

11

7:30am Strength
8:30am Mindfulness
1:00pm RAQ
5:15pm Zumba

12

15

5:15pm Yoga

16

7:30am Strength
8:30am Mindfulness

5:15pm Zumba

17

8:30am Mindfulness
1:00pm [Living Simply](#)
5:15pm Yoga

18

7:30am Strength
8:30am Mindfulness
1:00pm RAQ
5:15pm Zumba

19

22

5:15pm Yoga

23

7:30am Strength
8:30am Mindfulness

5:15pm Zumba

24

8:30am Mindfulness
1:00pm [Go Outside and Explore](#)
5:15pm Yoga

25

7:30am Strength
8:30am Mindfulness
1:00pm RAQ
5:15pm Zumba

26

29

5:15pm Yoga

30

7:30am Strength
8:30am Mindfulness

5:15pm Zumba