



Sample Schedule (Blue & Orange Clients)

Name: _____
 Weekly Schedule Starting: _____

Class Type	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Healing Arts Max 3 Per Week	Mindful Movement						
	ZOOM Mindful Movement					X	1
	Pilates						
	ZOOM Pilates						
	Pilates Strong <i>*only 1st & 3rd Thursdays</i>						
	ZOOM Tai Chi						
	Yes, I Can Move™						
	Yes, I Can Move™ (Upper Level) <i>*only 1st & 3rd Tuesdays</i>						
	Off-Site: Yoga						1
	Off-Site:						
	Total Healing Arts						2
Physical Wellness Max 5 Per Week	BED™						
	ZOOM BED™					X (half-session)	0.5
	BED™ Strength						
	Bike & Box					X	0.5/0.5 = 1
	Boxing	X					0.5/0.5 = 1
	Drums Alive® / Core						
	ZOOM Drums Alive® / Core						
	Pickleball <i>*peer-led class</i>						
	Spinning						
	ZOOM Spinning						
	Off-Site: Max Fitness / Circuit / PT		X	X	X		1.5
	Off-Site: Aerobics / PD Exercise		X	X			1.5
	Total Physical Wellness						5.5
Fit 4 You Max 3 Per Week	Art Workshop						
	Brain Builder	X					1
	Handwriting <i>*8-week workshop</i>						
	Loud Crowd®						
	Melodica with Kevin <i>*only 1st & 3rd Wednesdays</i>						
	Music That Moves You						
	Say It Like You Mean It	X					1
	Off-Site: Sudoku at home		X				1
	Off-Site:						
Total Fit 4 You						3	

= class offering available

= weekly total