

Name: _____



Activity Tracker (Blue & Orange Clients)

Weekly Schedule Starting: _____

Class Type	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Healing Arts <i>Max 3 Per Week</i>	Mindful Movement	Orange	Diagonal	Orange	Diagonal	Orange	
	ZOOM Mindful Movement	Orange	Diagonal	Orange	Diagonal	Orange	
	Functional Movement	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	Pilates	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	ZOOM Pilates	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Pilates Strong	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	Power Stretch	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	Qigong	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	Stretch and Release	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	ZOOM Tai Chi	Orange	Diagonal	Diagonal	Diagonal	Orange	
	Yes, I Can Move™	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Off-Site:						
	Off-Site:						
	Total Healing Arts						
Physical Wellness <i>Max 5 Per Week</i>	BED™	Orange	Diagonal	Orange	Orange	Diagonal	
	ZOOM BED™	Diagonal	Diagonal	Orange	Diagonal	Orange	
	BED™ Cardio / Falls Prevention	Diagonal	Diagonal	Orange	Orange	Diagonal	
	BED™ Strength	Orange	Diagonal	Orange	Diagonal	Orange	
	Bike & Box	Diagonal	Diagonal	Diagonal	Diagonal	Orange	
	Boxing	Orange	Diagonal	Orange	Diagonal	Diagonal	
	Drums Alive®	Diagonal	Orange	Diagonal	Orange	Diagonal	
	ZOOM Drums Alive®	Diagonal	Diagonal	Diagonal	Diagonal	Diagonal	
	Pickleball *peer-led class	Orange	Orange	Diagonal	Diagonal	Diagonal	
	Spinning	Orange	Orange	Diagonal	Orange	Diagonal	
	ZOOM Spinning	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Off-Site:						
	Off-Site:						
	Total Physical Wellness						
Fit 4 You <i>Max 3 Per Week</i>	Art Workshop	Diagonal	Orange	Diagonal	Orange	Diagonal	
	Brain Builder	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	ZOOM Brain Builder	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	Handwriting *8-week workshop	Diagonal	Diagonal	Orange	Diagonal	Diagonal	
	LOUD Crowd®	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	Melodica with Kevin <i>*only 1st & 3rd Wednesdays</i>	Diagonal	Diagonal	Orange	Diagonal	Diagonal	
	Music That Moves You	Diagonal	Orange	Diagonal	Orange	Diagonal	
	Say It Like You Mean It	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	Speech, Swallow and Cognition <i>*8-week educational series</i>	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	Off-Site:						
	Off-Site:						
	Total Fit 4 You						

= class offering available

= weekly total

Name:
Weekly Schedule Starting:



Notes (Blue & Orange Clients)

Class Type	
Healing Arts	
Physical Wellness	
Fit 4 You	