

# ELK RIVER – APRIL 1-26, 2024 *SUBJECT TO CHANGE (\*\*UPDATED 4/05/24\*\*)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW HIGHLIGHTS – INSTRUCTOR-LED CLASS</b>		<b>GREEN HIGHLIGHTS – VIRTUAL Y OR PARTICIPANT-LED CLASS</b>		
1 6am-12pm Coffee Club 10:00am – Instructor-led Silver Sneakers Combo 10:45 Tai Chi - Virtual Y will be set up 1pm-3pm Pickleball	2 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am – Instructor-led Chair Yoga	3 6am-12pm Coffee Club 10:45am Instructor-led Silver Sneakers Classic 2pm-4pm Pickleball	4 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am Virtual Y class will be set up	5 6am-12pm Coffee Club 10:45am Instructor-led Chair Yoga 10:45am – Tai Chi Participant-led 1pm-3pm Pickleball
8 6am-12pm Coffee Club 10:00am – Instructor-led Silver Sneakers Combo 10:45 Tai Chi - Virtual Y will be set up 1pm-3pm Pickleball	9 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am – Instructor-led Chair Yoga	10 6am-12pm Coffee Club 10:45am Instructor-led Silver Sneakers Classic 2pm-4pm Pickleball	11 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am Virtual Y class will be set up <b>NEW HONG KONG BUFFET</b>	12 6am-12pm Coffee Club 10:45am Instructor-led Chair Yoga 10:45am – Tai Chi Participant-led 1pm-3pm Pickleball
15 6am-12pm Coffee Club 10:00am – Instructor-led Silver Sneakers Combo 10:45 Tai Chi - Virtual Y will be set up 1pm-3pm Pickleball	16 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am – Instructor-led Chair Yoga	17 6am-12pm Coffee Club 10:45am Instructor-led Silver Sneakers Classic 2pm-4pm Pickleball	18 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am Virtual Y class will be set up	19 6am-12pm Coffee Club 10:45am Instructor-led Chair Yoga 10:45am – Tai Chi Participant-led 1pm-3pm Pickleball
22 6am-12pm Coffee Club 10:00am – Instructor-led Silver Sneakers Combo 10:45 Tai Chi - Virtual Y will be set up 1pm-3pm Pickleball	23 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Virtual Y will be set up 10:45am – Instructor-led Chair Yoga	24 6am-12pm Coffee Club 10:45am Instructor-led Silver Sneakers Classic <b>NOON – POTLUCK!!</b> 2pm-4pm Pickleball	25 6am-12pm Coffee Club 8am-10am Pickleball 9:30am Tai Chi - Virtual Y will be set up 10:45am Virtual Y class will be set up	26 6am-12pm Coffee Club 10:45am Instructor-led Chair Yoga 10:45am – Tai Chi Participant-led 1pm-3pm Pickleball