


APRIL

Wellness Center Hours:
Monday-Sunday
5:00am-10:00pm

Staffed Hours:
Monday-Thursday
8:00am-Noon & 1:00-5:00pm | Friday
8:00am-Noon

SUN	MON	TUE	WED	THU	FRI	SAT
 WELLNESS CENTER Windom Area Health 507-831-0672		1 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	2 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	3 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P	4 Alive & Active 9A SAIL 10A *Sparring Class 4-6P	5
6	7 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	8 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	9 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	10 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P	11 Alive & Active 9A SAIL 10A *Sparring Class 4-6P	12
13	14 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	15 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	16 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	17 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P	18 NO CLASSES!	19
20	21 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	22 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	23 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	24 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P	25 Alive & Active 9A SAIL 10A *Sparring Class 4-6P	26
27	28 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	29 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	30 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p			* Denotes Medina's Martial Arts class. For info/pricing, contact Master Marco Medina at 319-415-6772