

April

2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|--|
| | | | | | 1 MORNING STRETCHES FOR SENIORS | 2 30 MINUTE MEDIUM INTENSITY CARDIO |
| 3 10 MINUTE RESISTANCE BAND WORKOUT | 4 CHAIR EXERCISE FOR LOW BACK PAIN | 5 15 MINUTE AT-HOME WALKING VIDEO | 6 5 MINUTE MORNING STRETCH & 7 MINUTE BALANCE EXERCISE | 7 STANDING AB WORKOUT | 8 AT-HOME ZUMBA WORKOUT | 9 10 MINUTE MEDICINE BALL WORKOUT |
| 10 STRETCHES FOR FOOT PAIN | 11 UPBEAT 30 MINUTE AEROBICS | 12 GET GOING QIGONG | 13 LOW IMPACT HIIT WORKOUT | 14 EXERCISES FOR SORE NECK AND SHOULDERS | 15 FITNESS BLEND TO FEEL GOOD FOR THE WEEKEND | 16 FUN-FILLED CARDIO WORKOUT |
| 17 EXERCISES FOR FLEXIBILITY, AGILITY & BALANCE | 18 FREE WEIGHT WORKOUT | 19 15 MINUTE LOOSEN-UP STRETCH | 20 CUMBIA ROUTINE & ZUMBA ROUTINE | 21 15 MINUTE HIP EXERCISE | 22 STANDING STABILITY BALL WORKOUT | 23 LOW IMPACT CARDIO WORKOUT |
| 24 AFTER COFFEE STRETCHES | 25 SEATED AB WORKOUT | 26 45 MINUTE ZUMBA WORKOUT | 27 15 MINUTE STRENGTH WORKOUT | 28 UPPER BODY STRETCHES | 29 20 MINUTE BEGINNER DANCE WORKOUT | 30 SENIOR BALANCE EXERCISES |
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