

April

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <u>30 MINUTE CARDIO, CORE AND BALANCE</u>
2 <u>15 MINUTE WORKOUT FOR TONED ARMS</u>	3 <u>RELIEVE MORNING STIFFNESS IN 5 MINUTES</u>	4 <u>FUN CARDIO FOR SENIORS</u>	5 <u>NO EQUIPMENT AT-HOME WORKOUT</u>	6 <u>12 MINUTE LOW IMPACT HIIT WORKOUT</u>	7 <u>STANDING HAMSTRING STRETCHES</u>	8 <u>20 MINUTE BEGINNER DANCE WORKOUT</u>
9 <u>9 MINUTE CORE WORKOUT</u>	10 <u>STRESS RELIEVING QIGONG PRACTICE</u>	11 <u>GET UP AND GO CARDIO</u>	12 <u>SENIOR BALANCE EXERCISES</u>	13 <u>LOWER BODY WORKOUT</u>	14 <u>40 MINUTE ZUMBA</u>	15 <u>UPPER BODY STRETCHES</u>
16 <u>10 MINUTE SENIOR MEDICINE BALL WORKOUT</u>	17 <u>15 MINUTE AT-HOME WALKING VIDEO</u>	18 <u>STANDING STABILITY BALL EXERCISE</u>	19 <u>QUICK HIGH-ENERGY ZUMBA + 4 MINUTE ZUMBA</u>	20 <u>RELIEF FOR ARTHRITIS PAIN & STIFFNESS</u>	21 <u>GENTLE PRE-WEEKEND WORKOUT</u>	22 <u>10 MINUTE RESISTANCE BAND WORKOUT</u>
23 <u>20 MINUTE CHAIR WORKOUT</u>	24 <u>BACK PAIN STRETCHES FOR SENIORS</u>	25 <u>CALORIE BURNING CARDIO</u>	26 <u>SENIOR FREE WEIGHT EXERCISES</u>	27 <u>15 MINUTE SEATED YOGA PRACTICE</u>	28 <u>30 MINUTE ZUMBA</u>	29 <u>10 MINUTE EXERCISE BALL STRETCH</u>
30 <u>EXERCISES FOR SORE NECK & SHOULDERS</u>						