

# April

2026

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|--|--|--|---|---|---|---|
|  |  |  | 1<br><u>BEACH BOYS WALK WORKOUT:</u><br><u>24 MIN</u>       | 2<br><u>WAIST SLIMMING WORKOUT:</u><br><u>14 MIN</u>  | 3<br><u>CARPAL TUNNEL RELIEF:</u><br><u>18 MIN</u>    | 4<br><u>SEATED HIIT WORKOUT:</u><br><u>14 MIN</u>     |
| 5<br><u>LOOSEN UP STRETCH:</u><br><u>16 MIN</u>            | 6<br><u>ZUMBA CARDIO:</u><br><u>24 MIN</u>               | 7<br><u>TONED ARMS WORKOUT:</u><br><u>16 MIN</u>               | 8<br><u>IMPROVE YOUR BALANCE:</u><br><u>11 MIN</u>          | 9<br><u>HIGHER INTENSITY CARDIO:</u><br><u>27 MIN</u> | 10<br><u>FLOOR STRENGTH WORKOUT:</u><br><u>19 MIN</u> | 11<br><u>LOW BACK PAIN EXERCISE:</u><br><u>18 MIN</u> |
| 12<br><u>CARDIO + RESISTANCE WORKOUT:</u><br><u>27 MIN</u> | 13<br><u>ZUMBA SALSA I &amp; ZUMBA SALSA II</u><br>8 MIN | 14<br><u>SORE NECK &amp; SHOULDER RELIEF:</u><br><u>16 MIN</u> | 15<br><u>MEDIUM INTENSITY CARDIO:</u><br><u>32 MIN</u>      | 16<br><u>FITNESS BLEND:</u><br><u>27 MIN</u>          | 17<br><u>HIP STRENGTH EXERCISE:</u><br><u>19 MIN</u>  | 18<br><u>PEPPY SENIOR CARDIO:</u><br><u>25 MIN</u>    |
| 19<br><u>TAI CHI EXERCISE:</u><br><u>8 MIN</u>             | 20<br><u>FREE WEIGHT WORKOUT:</u><br><u>13 MIN</u>       | 21<br><u>CALORIE BURNING CARDIO:</u><br><u>27 MIN</u>          | 22<br><u>ARTHRITIS FOOT PAIN EXERCISE:</u><br><u>11 MIN</u> | 23<br><u>PICKLEBALL EXERCISES:</u><br><u>9 MIN</u>    | 24<br><u>CHAIR WORKOUT:</u><br><u>18 MIN</u>          | 25<br><u>STANDING BALL WORKOUT:</u><br><u>16 MIN</u>  |
| 26<br><u>ZUMBA FOR SENIORS:</u><br><u>41 MIN</u>           | 27<br><u>AFTER COFFEE STRETCHES:</u><br><u>9 MIN</u>     | 28<br><u>MAINTAIN MUSCLE STRENGTH:</u><br><u>19 MIN</u>        | 29<br><u>JIMMY BUFFETT WORKOUT:</u><br><u>28 MIN</u>        | 30<br><u>WALKING WITH WEIGHTS:</u><br><u>12 MIN</u>   |   |   |