



# APRIL 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a	2 20/20/20 9a-10a SS Classic 10:30a-11:15a Master the Machines 1p-2p	3	4
5 <b>CLOSED</b>	6	7	8	9	10	11
12 <b>CLOSED</b>	13 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	14 SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p	15 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	16 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	17	18
19 <b>CLOSED</b>	20 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	21 SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p	22 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	23 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	24	25
26 <b>CLOSED</b>	27 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	28 SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p	29 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	30 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p		

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.