



MARCH 2025 - STOCKADE PROGRAMS



Monday	Tuesday	Wednesday	Thursday
3 W4W FIM PB	4 W4W FIM CY	5 X	6 W4W FIM
10 W4W FIM PB	11 W4W FIM CY	12 W4W FIM PB	13 W4W FIM
17 W4W FIM PB	18 W4W FIM CY	19 W4W FIM PB	20 W4W FIM
24 X	25 W4W FIM CY	26 W4W FIM PB	27 W4W FIM
31 W4W FIM PB			

DETAILS ON PROGRAMS

MON & WED:

Walking for Wellness (W4W) 8:30 am-10:00 am
& 1:00-2:30 pm

Forever in Motion (FIM) 1:30 - 2:15 pm

Pickleball (PB) - 12:00 pm - 1:00 pm

TUES & THURS:

Walking for Wellness (W4W) 8:30 am-12:00 pm
& Only Tuesdays 1:00-2:30 pm

Forever in Motion (FIM) 9:00 - 9:45 am

Coffee Time 10:00 am - 12:00 pm

Chair Yoga (CY) - 1:30 - 2:15 pm Only
Tuesdays

**\$2 FOR ALL PROGRAMS
PUNCH PASSES AVAILABLE!**



APRIL 2025- STOCKADE PROGRAMS



Monday	Tuesday	Wednesday	Thursday
	1 W4W FIM CY	2 W4W FIM PB	3 W4W FIM
7 X	8 W4W FIM CY	9 W4W FIM PB	10 W4W FIM
14 W4W FIM PB	15 W4W FIM CY	16 W4W FIM PB	17 W4W FIM FINAL DAY
21 SEE	22 YOU	23 NEXT	24 FALL

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