



APRIL 2026 STOCKADE PROGRAMS



Monday	Tuesday	Wednesday	Thursday
Chair Yoga is completed for the season No Chair Yoga classes in April		1 W4W FIM PB	2 W4W FIM No Chair Yoga
6 W4W FIM PB	7 W4W FIM No Chair Yoga	8 W4W FIM PB	9 W4W FIM No Chair Yoga
13 X	14 W4W FIM No Chair Yoga	15 W4W FIM PB	16 W4W FIM No Chair Yoga FINAL DAY OF THE SEASON
20 X	21 X	22 X	23 X
27 X	28 X	29 X	30 X

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 & 1:00-2:30 pm

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

Coffee Time 10:00 am - 12:00 pm

Stockade closed 12:00-1:00 pm

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

Thank you for attending Stockade Programs!