

Name: _____
 Weekly Schedule Starting: _____



Activity Tracker (Green Clients)

Class Type	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Healing Arts <i>Max 3 Per Week</i>	Mindful Movement		/				
	ZOOM Mindful Movement		/				
	ZOOM Tai Chi		/		/	/	
	Yes, I Can Move™	/	/	/		/	
	Off-Site:						
	Off-Site:						
	Total Healing Arts						
Physical Wellness <i>Max 5 Per Week</i>	BED™		/		/	/	
	ZOOM BED™	/	/		/		
	BED™ / Boxing			/	/	/	
	BED™ Cardio / Falls Prevention	/		/		/	
	BED™ Strength / Drums Alive®	/	/	/	/		
	Boxing	/	/		/	/	
	Spinning	/		/		/	
	ZOOM Spinning	/		/	/	/	
	Off-Site:						
	Off-Site:						
	Total Physical Wellness						
Fit 4 You <i>Max 3 Per Week</i>	Art Workshop	/		/		/	
	Handwriting *8-week workshop	/	/		/	/	
	Loud Crowd®	/	/	/		/	
	Melodica with Kevin <i>*only 1st & 3rd Wednesdays</i>	/	/		/	/	
	Music That Moves You	/		/		/	
	Say It Like You Mean It		/	/	/	/	
	Off-Site:						
	Off-Site:						
Total Fit 4 You							

= class offering available

= weekly total