

Name: \_\_\_\_\_  
 Weekly Schedule Starting: \_\_\_\_\_



### Activity Tracker (Blue & Orange Clients)

Class Type	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Total
<b>Healing Arts</b> <i>Max 3 Per Week</i>	Mindful Movement	Orange	Diagonal	Orange	Orange	Orange	
	ZOOM Mindful Movement	Orange	Diagonal	Orange	Orange	Orange	
	Pilates	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	ZOOM Pilates	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Pilates Strong <i>*only 1st &amp; 3rd Thursdays</i>	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	ZOOM Tai Chi	Orange	Diagonal	Orange	Diagonal	Diagonal	
	Yes, I Can Move™	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	Yes, I Can Move™ (Upper Level) <i>*only 1st &amp; 3rd Tuesdays</i>	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Off-Site:						
	Off-Site:						
	<b>Total Healing Arts</b>						
<b>Physical Wellness</b> <i>Max 5 Per Week</i>	BED™	Orange	Diagonal	Orange	Orange	Diagonal	
	ZOOM BED™	Diagonal	Diagonal	Orange	Diagonal	Orange	
	BED™ Strength	Orange	Diagonal	Orange	Diagonal	Orange	
	Bike & Box	Diagonal	Diagonal	Diagonal	Diagonal	Orange	
	Boxing	Orange	Diagonal	Orange	Diagonal	Diagonal	
	Drums Alive® / Core	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	ZOOM Drums Alive® / Core	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Pickleball <i>*peer-led class</i>	Diagonal	Diagonal	Diagonal	Diagonal	Orange	
	Spinning	Orange	Orange	Diagonal	Orange	Diagonal	
	ZOOM Spinning	Diagonal	Orange	Diagonal	Diagonal	Diagonal	
	Off-Site:						
Off-Site:							
<b>Total Physical Wellness</b>							Light Blue
<b>Fit 4 You</b> <i>Max 3 Per Week</i>	Art Workshop	Diagonal	Orange	Diagonal	Orange	Diagonal	
	Brain Builder	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	Handwriting <i>*8-week workshop</i>	Diagonal	Diagonal	Orange	Diagonal	Diagonal	
	Loud Crowd®	Diagonal	Diagonal	Diagonal	Orange	Diagonal	
	Melodica with Kevin <i>*only 1st &amp; 3rd Wednesdays</i>	Diagonal	Diagonal	Orange	Diagonal	Diagonal	
	Music That Moves You	Diagonal	Orange	Diagonal	Orange	Diagonal	
	Say It Like You Mean It	Orange	Diagonal	Diagonal	Diagonal	Diagonal	
	Off-Site:						
	Off-Site:						
<b>Total Fit 4 You</b>							Light Blue

= class offering available

= weekly total