



Sample Schedule (Green Clients)

Name:		Monday	Tuesday	Wednesday	Thursday	Friday	Total
Weekly Schedule Starting:							
Class Type	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Healing Arts <i>Max 3 Per Week</i>	Mindful Movement				X	X	2
	ZOOM Mindful Movement						
	ZOOM Tai Chi	X					1
	Yes, I Can Move™						
	Off-Site:						
	Off-Site:						
	Total Healing Arts						3
Physical Wellness <i>Max 5 Per Week</i>	BED™						
	ZOOM BED™						
	BED™ / Boxing	X					0.5/0.5 = 1
	BED™ Cardio / Falls Prevention		X				0.5/0.5 = 1
	BED™ Strength / Drums Alive®					X	0.5/0.5 = 1
	Boxing						
	Spinning				X		1
	ZOOM Spinning						
	Off-Site:						0.5
	Off-Site:						
Total Physical Wellness						4.5	
Fit 4 You <i>Max 3 Per Week</i>	Art Workshop		X				1
	Handwriting *8-week workshop						
	Loud Crowd®				X		1
	Melodica with Kevin <i>*only 1st & 3rd Wednesdays</i>						
	Music That Moves You		X				1
	Say It Like You Mean It						
	Off-Site:						
	Off-Site:						
Total Fit 4 You						3	

= class offering available

= weekly total