

Children's Programming

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Weekly Themes				1 Baby Time 10AM	2
3	4 Spring	5 Story Time 10AM Family Fitness 10:30AM	6 Music and Movement 10AM & 10:45AM	7 Pound @ Mugwamps Fitness 10AM	8 Baby Time 10AM	9
10	11 Easter	12 Story Time 10AM Family Fitness 10:30AM	13 Tot Time 10AM	14 Arts and Crafts for Preschoolers 10am-Noon	15 Baby Time 10AM	16
17 Easter Sunday	18 Rabbits and Ducks	19 Story Time 10AM Family Fitness 10:30AM	20 Tot Time 10AM	21 Pound @ Mugwamps Fitness 10AM	22 Baby Time 10AM	23
24	25 Sharks	26 Story Time 10AM Family Fitness 10:30AM	27 Tot Time 10AM	28 Pound @ Mugwamps Fitness 10AM	29 Baby Time 10AM	30

POUND® is designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to the rockstars of all ages and abilities.

