## Wellness Wednesdays

**APRIL 10 - ZUMBA APRIL 17 - CLAY APRIL 24 - MOVEMENT SNACKS** MAY 1 - HATHA YOGA MAY 8 - HIIT **MAY 15 - POWERBOWLS** MAY 22 - HIIT MAY 29 - BASKETBALL JUNE 5 - YIN YOGA JUNE 12 - VOLLEYBALL