


APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Thrive! at OW: Personal & Shared Training available by appointment with Misti, Traci, Jen, Colleen, and Tracy	Tim Hurley: In-Person Private One on One Mindfulness Meditation & Yoga Therapy Practice Sessions available by appointment		 Credit: Getty Images/iStockphoto		Thrive! at OW ¹ Shockwave: 9:00A Pilates Fusion 10:15A
Thrive! at OW ² BARRE Above: 9:15A Yoga Fusion: 10:15A Tim Hurley's: Mindfulness Meditation Drop-In Class 7-8P	Thrive! at OW ³ Shockwave: 9:15A Gentle Mindful Yoga Practice Session (registration required: tmhurley@qis.net) 6:30-8P	Thrive! at OW ⁴ Shockwave: 5:00P Circuit Training: 6:15P	Thrive! at OW ⁵ Mobility Training: 9:15A-at Run Moore Thrive! at OW BARRE Above: 5:20P	Tim Hurley's: ⁶ Yoga Nidra Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P Thrive! at OW Mobility Training: 5:00P	Thrive! at OW ⁷ Outdoor Yoga & You-Pick tulips: 9:15A-at Old Line Lavender	Thrive! at OW ⁸ Shockwave: 9:00A Pilates Fusion 10:15A
? 	Thrive! at OW ¹⁰ Shockwave: 9:15A Thrive! at OW: Mobility and Massage: 10:30A Gentle Mindful Yoga Practice Session (registration required: tmhurley@qis.net) 6:30-8P	Thrive! at OW ¹¹ Shockwave: 5:00P Circuit Training: 6:15P	Thrive! at OW ¹² Mobility Training: 10:15A Thrive! at OW BARRE Above: 5:20P	Tim Hurley's ¹³ Mindfulness Meditation Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P Thrive! at OW: Mobility Training: 5:00P	Thrive! at OW ¹⁴ Yoga Fusion: 10:15A	Thrive! at OW ¹⁵ Shockwave: 9:00A Pilates Fusion 10:15A
Thrive! at OW ¹⁶ BARRE Above: 9:15A Yoga and acupuncture: 10:15A Tim Hurley's: Mindfulness Meditation Drop-In Class 7-8P	Thrive! at OW ¹⁷ Shockwave: 9:15A Gentle Mindful Yoga Practice Session (registration required: tmhurley@qis.net) 6:30-8P	Thrive! at OW ¹⁸ Shockwave: 5:00P Circuit Training: 6:15P	Thrive! at OW ¹⁹ Mobility Training: 10:15A Thrive! at OW BARRE Above: 5:20P	Tim Hurley's ²⁰ Mindfulness Meditation Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P Thrive! at OW: Mobility Training: 5:00P	Thrive! at OW ²¹ Yoga Fusion: 10:15A	Thrive! at OW ²² Shockwave: 9:00A Pilates Fusion 10:15A
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