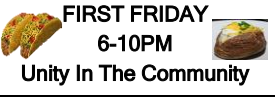





**Sēb's Recreation Center**  
**Calendar of Events and Activities**  
**April 2019**

1710 S Buckley Rd. Unit 9--Aurora, CO 80017--www.sebsrec.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Dance</b> 11a-12p	<b>2</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Bingo</b> 11a-1p & 6-7p	<b>3</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Drawing</b> 11a-12p & 6-7p <b>Music Class</b> 6-7:30p	<b>4</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Tai Chi</b> 11a-12p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Arts &amp; Crafts</b> 12-1p & 5:30-7:30p	<b>5</b> <b>Total Fit</b> 9-10a <b>EZ Fit</b> 10:30-11a 	<b>6</b> <b>Dance</b> 10-11a
<b>7</b> <b>Movie of the Day</b> 11a-5p	<b>8</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Dance</b> 11a-12p	<b>9</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Bingo</b> 11a-1p & 6-7p	<b>10</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Drawing</b> 11a-12p & 6-7p <b>Music Class</b> 6-7:30p	<b>11</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Tai Chi</b> 11a-12p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Arts &amp; Crafts</b> 12-1p & 5:30-7:30p	<b>12</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Challenge Fun</b> 8a-8p	<b>13</b> <b>Dance</b> 10-11a
<b>14</b> <b>Movie of the Day</b> 11a-5p	<b>15</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Dance</b> 11a-12p	<b>16</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Bingo</b> 11a-1p & 6-7p	<b>17</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Drawing</b> 11a-12p & 6-7p <b>Music Class</b> 6-7:30p	<b>18</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Tai Chi</b> 11a-12p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Arts &amp; Crafts</b> 12-1p & 5:30-7:30p	<b>19</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Challenge Fun</b> 8a-8p  <b>Monthly garage sale will resume in June</b>	<b>20</b> <b>Dance</b> 10-11a
<b>21</b> <b>CLOSED</b> <b>Happy Easter</b> 	<b>22</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Dance</b> 11a-12p	<b>23</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Bingo</b> 11a-1p & 6-7p	<b>24</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Drawing</b> 11a-12p & 6-7p <b>Music Class</b> 6-7:30p	<b>25</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Tai Chi</b> 11a-12p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Arts &amp; Crafts</b> 12-1p & 5:30-7:30p	<b>26</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Challenge Fun</b> 8a-8p	<b>27</b> <b>Dance</b> 10-11a
<b>28</b> <b>Movie of the Day</b> 11a-5p	<b>29</b> <b>Total Fit</b> 9-10a & 6:30-7:30p <b>EZ Fit</b> 10:30-11a & 5:30-6p <b>Dance</b> 11a-12p	<b>30</b> <b>Bodyweight Fit</b> 10-11a & 6-7p <b>Chair Fitness</b> 11:30a-12p & 7-7:30p <b>Bingo</b> 11a-1p & 6-7p				

**Hours of Operation:**

Monday-Friday 8am-8pm ~ Saturday 8am-5pm ~ Sunday 11am-5pm