


April-2018

El Carmen Wellness Center, 18555-1 Leal Rd, SAT, 78221

210-626-0600 Hours of Operation: Monday to Friday: 8:00 am to 11:00 am

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2 Opens at 8:00 am to 11:00 am Exercise equipment w/ walking video	3 8:15 am to 9:15 am Exercise w/ Angelica (Aero-Zumba)	4 8:15 am to 9:15 am Exercise w/ Blanca (Zumba-Aerobics) 9:30 am-10:30 am Diabetes Classes. No knitting classes	5 8:00 am to 10:00 am Methodist nurses for check Bl./ sugars. 8:15 am to 9:15 am Exercise w/Angelica (Aero-Zumba)	6 8:15 am to 9:15 am Exercise w/Blanca (Zumba-Aerobics) 9:30 am to 10:30 am Stress Management w/ Blanca: Energy Center w Chair Yoga	7
8		9 Opens at 8:00 am to 11:00 am Exercise Equipment w/ Walking Video	10 8:15 am to 9:15 am Exercise w/ Angelica (Aero-Zumba)	11 8:15 am to 9:15 am Exercise w/ Blanca (Zumba-Aerobics) 9:30 am to 10:30 am Diabetes Classes. No Knitting	12 8:15 am to 9:15 am Exercise w/ Angelica (Aero-Zumba)	13 8:15 am to 9:15 am Exercise w/Blanca (Zumba-Aerobics) 9:30 am to 10:30 am Stress Management w/ Blanca The 4 Elements-Self-Massage	14
15		16 Opens at 8:00 am to 11:00 am Exercise Equipment w/ Walking Video	17 8:15 to 9:15 am Exercise w/ Angelica (Aero-Zumba)	18 8:15 am to 9:15 am Exercise w/ Blanca (Zumba-Aerobics) 9:30-10:30 am Diabetes classes.	19 8:15 am to 9:15 am Exercise w/ Angelica (Aero-Zumba)	20 8:15 am to 9:15 am Exercise w/Blanca (Zumba-Aerobics)	21
22		23 Opens at 8:00 am to 11:00 am Exercise w/ Walking Video/ Exercise Equipment. 9:00 am 12noon Massage w/ Sr. Maurreen	24 8:15 am to 9:15 am Exercise w/ Angelica (Aero-Zumba)	25 8:15 am to 9:15 am Exercise w/ Blanca (Zumba-Aerobics) 9:30 am-10:30 am Diabetes Classes	26 8:15 am-9:15 am Exercise w/ Angelica (Aero-Zumba)	27 8:15 am to 9:15 am Exercise w/ Blanca (Zumba-Aerobics)	
29		30 Opens @ 8:00 am to 11:00 am Exercise Equipment / Video					