

Monthly Wellness Theme:



Spring Is Finally Here!

- April Fools Day
- Earth Day
- Easter Weekend
- Spring Cleaning
- Tax Season

See Info Table Daily 5-5:30 PM



Hot Stone Massage

Book a Massage!



See Massage Poster for This Month's **Massage Dates!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Poker Night TV Show*	2 Putting Green CHESS NIGHT	3 Sports Coaching TV Show*	4 Aroma-therapy TV Show*	5 PingPong Tourney JAM NIGHT	6 Dice, Decks & Duels Movie Night*
7 Darts & Foosball Tourney World Health Day	8 Poker Night TV Show*	9 Putting Green CHESS NIGHT	10 Rustic Sign Nite TV Show*	11 Farm House Clock Making TV Show*	12 PingPong Tourney JAM NIGHT	13 Dice, Decks & Duels Movie Night*
14 Darts & Foosball Tourney Hot Stone Massage	15 Poker Night TV Show*	16 Putting Green CHESS NIGHT	17 Intro to Spanish TV Show*	18 Bible Study Class TV Show*	19 PingPong Tourney JAM NIGHT	20 Dice, Decks & Duels Movie Night*
21 Darts & Foosball Tourney Book a Massage!	22 Earth Day TV Show*	23 Putting Green CHESS NIGHT	24 Fish Lure Making TV Show*	25 Dog Training TV Show*	26 PingPong Tourney JAM NIGHT	27 Dice, Decks & Duels Movie Night*
28 Darts & Foosball Tourney See Massage Poster for This Month's Massage Dates!	29 Poker Night Pool Tourney	30 Putting Green Bollywood Movie	All activities start at 7 PM unless otherwise specified.			

Albian Sands

NEW WORKSHOPS

Sign up for our Workshops! Must have at least 10 sign ups to run the class.
Sign up online/Mindbody today!



PIONEER.
WORLD MEN'S CURLING
LETHBRIDGE 2019
March 30-April 7
Watch @ Lounge



Starts April 9
STANLEY CUP PLAYOFFS
Watch @ Lounge



2019 NFL Draft
Apr 25-27
Watch @ Lounge
NASHVILLE

1000 Rep Challenge

Dumbbell Bench Press



Locations:	**Blue: Recreation Workshops	Grey: Games Room	* Red: Auditorium See Auditorium Schedule	Dark Grey: Yoga Studio	Dark Red: Dry Lounge
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** See Poster for Workshop Locations