

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**April 8: Pain Management Class**

*This class uses gentle exercises designed to bring awareness to habituated patterns and re-educate muscle groups with functional movement patterns. Our muscles and bones can come into a better balance and eliminate pain.  
RSVP @ 984-1920 or [bmcdade@milesperret.org](mailto:bmcdade@milesperret.org)*

MON	TUES	WED	THURS	FRI
<p><b>April 8: Pain Management Class</b> <i>This class uses gentle exercises designed to bring awareness to habituated patterns and re-educate muscle groups with functional movement patterns. Our muscles and bones can come into a better balance and eliminate pain. RSVP @ 984-1920 or <a href="mailto:bmcdade@milesperret.org">bmcdade@milesperret.org</a></i></p>				
				<b>SAT</b> 1
<p><b>3</b> Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p><b>4</b> Pilates &amp; Toning: <b>10-11am</b> <b>Breast Cancer Support Group</b> <b>5:30pm</b> Toning Express: <b>5:30-6pm</b></p> <p><i>Mobile Miles: Crowley</i></p>	<p><b>5</b> Let's Dance: <b>10-10:30am</b> Meditation: <b>11-11:15am</b> Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p><b>6</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Meditation: <b>6-6:15pm</b></p> <p><i>Mobile Miles: Lafayette</i></p>	<p><b>7</b> Gentle Yoga: <b>10-11am</b> Healing Dance: <b>11:15am-12pm</b></p> <p><b>SAT</b> 8</p> <p>Wellness Center Open: <b>8am-12pm</b> Pain Management: <b>10am</b></p>
<p><b>10</b> Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p>	<p><b>11</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b></p> <p><i>Mobile Miles: Abbeville</i></p>	<p><b>12</b> Let's Dance: <b>10-10:30am</b> Meditation: <b>11-11:15am</b> <b>Massage: 2-5pm</b> Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: Ville Platte</i></p>	<p><b>13</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Meditation: <b>6-6:15pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p><b>14</b> GOOD FRIDAY <b>MPCS &amp; Wellness Center</b> <b>CLOSED</b></p> <p><b>SAT</b> 15</p>
<p><b>17</b> Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p><b>18</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b></p> <p><i>Mobile Miles: Crowley</i></p>	<p><b>19</b> Let's Dance: <b>10-10:30am</b> Meditation: <b>11-11:15am</b> Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p><b>20</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Meditation: <b>6-6:15pm</b></p> <p><i>Mobile Miles: Eunice</i></p>	<p><b>21</b> Gentle Yoga: <b>10-11am</b> Healing Dance: <b>11:15am-12pm</b></p> <p><b>SAT</b> 22</p> <p>Wellness Center Open: <b>8am-12pm</b> Circuit Training: <b>10am</b> <b>SMILES FOR MILES</b> <b>Zoosiana:10am</b></p>
<p><b>24</b> Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p><b>25</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b></p> <p><i>Mobile Miles: Mamou</i></p>	<p><b>26</b> Let's Dance: <b>10-10:30am</b> Meditation: <b>11-11:15am</b> Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p><b>27</b> Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Meditation: <b>6-6:15pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p><b>28</b> Gentle Yoga: <b>10-11am</b> Healing Dance: <b>11:15am-12pm</b></p> <p><b>SAT</b> 29</p>