

BSU APFP



APRIL NEWSLETTER 2025

PARTICIPANT OF THE MONTH SCOTT WEEDEN

Scott has been a member since
November of 2024. His favorite form of exercise is the bike, running at
Worthen Arena, and resistance training. His piece of advice is to keep moving - It is important to keep moving! We are so proud of you! Keep up the good work!





HEALTH



DAY

Stress awareness Month





APRIL BIRTHDAYSIII

Joyce M 4/6 **Tammy H 4/10 Nick B 4/12 Lynne C 4/14 Marci J 4/17** Ann J 4/18 **Randy B 4/18** Mathilda O 4/19

Betsy S 4/22 Sheryl S 4/23 Jim R 4/23 **Beth P 4/24** Kathleen J 4/25 Cheryl B 4/28 Mike J 4/28





Student Admission Day - April 4th Carnival Day - April 25th Be aware of parking, it will be really busy. Participants will need to move cones to park in the APFP parking spots.

- Our last Saturday hours are on the 19th
- Extended hours end on Friday April 25th
- "Normal hours" begin April 28 May 2,
 5:30am 8:45am, 11:30am 1:15pm, 3:30pm 7:00pm
- We are closed the week of May 5-9th
- Summer hours begin on May 12th

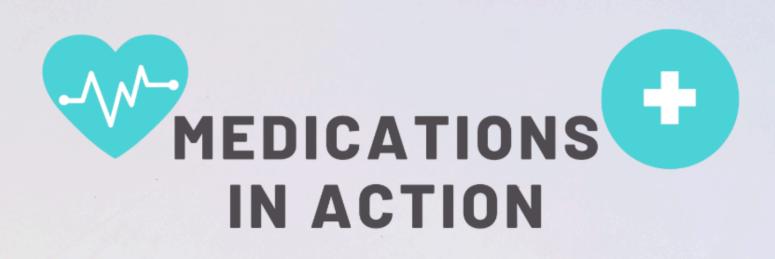
SUMMER HOURS - NO EXTENDED HOURS



Morning - 6:00am - 8:30am

Noon - 11:30am - 1:15pm

Evening - 3:30pm - 6:00pm



THE WHY BEHIND WHAT WE TAKE

WEDNESDAY APRIL 9TH AT 3:00PM IN HP253
PRESENTED BY ASHBY IRWIN

