April

LOCATION:
A- Studio A
B- Studio B
C- Studio C
F- Functional Area
T- Track

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	**2**	**3**	**4**	**5**	**6**
	T 5:30a Track Intervals – Rachel T 6:30a TRX – Jodie A 8:00a HIIT Circuit – Shelby B 8:45a All Levels Yoga – Margree A 9:00a Yoga Stretch – Lisa A 10:30a SilverSneakers®Classic – Sam A 12p Bootcamp – Jamie A 4:45p HIIT and Spin – Dana **4:45p HIIT & spin** with Dana	A 5:30a Barre – Jodie A 8:30a Cardio Circuit – Dana B 9:00a All Levels Yoga – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bike and Bells – Dana B 4:30p Yoga Stretch – Tanya A 4:45p Bootcamp – Timothy A 5:30p Cardio Blast – Angel	A 5:30a Power Hour – Katie T 6:30a TRX – Jodie A 8:00a Tai Chi – Robert A 9:00a Yoga Stretch – Lisa B 10:30a SilverSneakers®Yoga – Tanya C 11:30a Cycle – Elizabeth A 12p Bootcamp – Anthony F 4:30p Power Hour – Katie A 6:00p ZUMBA® – Angel Wellness Wednesday	C 5:30a Fast and Furious – Teresa A 8:00a Pilates – Jodie C 8:15a Cycle – Dana B 9:00a Dynamic Flow – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bootcamp – Jamie A 4:30p Bootcamp – Timothy A 5:30p Power Sculpt – Stephanie **Heart Health Education** 5:30p	T 5:15a TRX Plus – Kay T 6:30a TRX 101 – Kay C 8:15a Wheel Results – Mel B 8:30a LaBlast – Elizabeth A 9:00a All Levels Yoga – Lisa A 10:00a Barre-lates – Elizabeth A 12p Bootcamp – Jamie A 5:00p Jungle Body – Angel	A 7:45a Saturday Strong – Rachel C 9:00a Cycle – Phillip A 10:00a Yoga – Tanya
7	**8 No 6:30a TRX**	**9**	**10**	**11**	**12 No 8:15a Cycle**	**13**
A 2:00p Yoga Nidra – Tanya C 3:00p Cycle – Phillip **BRAIN PUMP NOW ON MONDAYS AT 4:15P!** Scan the QR Code to register your child for Brain Pump!	T 5:30a Track Intervals – Rachel A 8:00a HIIT Circuit – Shelby B 8:45a All Levels Yoga – Margree A 9:00a Yoga Stretch – Lisa A 10:30a SilverSneakers®Classic – Sam A 12p Bootcamp – Jamie A 4:45p HIIT and Spin – Dana	A 5:30a Barre – Jodie A 8:30a Cardio Circuit – Dana B 9:00a All Levels Yoga – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bike and Bells – Dana B 4:30p Yoga Stretch – Tanya A 4:45p Bootcamp – Timothy A 5:30p Cardio Blast – Angel Barre with Jodie	A 5:30a Power Hour – Katie T 6:30a TRX – Jodie A 8:00a Tai Chi – Robert A 9:00a Yoga Stretch – Lisa A 10:15a Step and Sculpt – Jodie B 10:30a SilverSneakers®Yoga – Tanya C 11:30a Cycle – Elizabeth A 12p Bootcamp – Anthony F 4:30p Power Hour – Wanda A 6:00p ZUMBA® – Angel	C 5:30a Fast and Furious – Teresa A 8:00a Pilates – Jodie C 8:15a Cycle – Dana B 9:00a Dynamic Flow – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bootcamp – Jamie A 4:30p Bootcamp – Timothy A 5:30p Power Sculpt – Stephanie **POWER SCULPT** define, sculpt and build lean muscle	T 5:15a TRX Plus – Kay T 6:30a TRX 101 – Kay C 8:15a Wheel Results – Mel B 8:30a LaBlast – Elizabeth A 9:00a All Levels Yoga – Lisa A 10:00a Barre-lates – Elizabeth A 12p Bootcamp – Jamie A 5:00p Jungle Body – Angel	A 7:45a Saturday Strong – Rachel C 9:00a Cycle – Mel A 10:00a Yoga – Margree **SATURDAY STRONG** with Rachel
14	**15**	**16**	**17**	**18**	**19**	**20**
A 2:00p Yoga – Lisa C 3:00p Cycle – Mel **Worship on Wheels** with Mel and the Holy Rollers	T 5:30a Track Intervals – Rachel T 6:30a TRX – Jodie A 8:00a HIIT Circuit – Shelby B 8:45a All Levels Yoga – Margree A 9:00a Yoga Stretch – **Lisa** A 10:30a SilverSneakers®Classic – Sam A 12p Bootcamp – Jamie A 4:45p HIIT and Spin – Dana	A 5:30a Barre – Jodie A 8:30a Cardio Circuit – Dana B 9:00a All Levels Yoga – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bike and Bells – Dana B 4:30p Yoga Stretch – Tanya A 4:45p Bootcamp – Timothy A 5:30p Cardio Blast – Angel **Smoking Cessation Open Group** 5:30p	A 5:30a Power Hour – Katie T 6:30a TRX – Jodie A 8:00a Tai Chi – Robert A 9:00a Yoga Stretch – Lisa B 10:30a SilverSneakers®Yoga – Tanya C 11:30a Cycle – Elizabeth A 12p Bootcamp – Anthony F 4:30p Power Hour – Katie A 6:00p ZUMBA® – Angel **Diabetes Education Class** 12:15p	C 5:30a Fast and Furious – Teresa A 8:00a Pilates – Jodie C 8:15a Cycle – Dana B 9:00a Dynamic Flow – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bootcamp – Jamie A 4:30p Bootcamp – Timothy A 5:30p Power Sculpt – Stephanie	T 5:15a TRX Plus – Kay T 6:30a TRX 101 – Kay C 8:15a Wheel Results – Mel B 8:30a LaBlast – Elizabeth A 9:00a All Levels Yoga – Lisa A 10:00a Barre-lates – Elizabeth A 12p Bootcamp – Jamie A 5:00p Jungle Body – Angel New to Yoga? Been practicing for years? Come attend **All Levels Yoga** with Lisa at 9AM	A 7:45a Saturday Strong – Rachel C 9:00a Cycle – Phillip A 10:00a Yoga – Tanya
21	**22**	**23**	**24**	**25 No 8a Pilates**	**26 No 12p Bootcamp**	**27**
A 2:00p Yoga – Margree C 3:00p Cycle – Dana	T 5:30a Track Intervals – Rachel T 6:30a TRX – Jodie A 8:00a HIIT Circuit – Shelby B 8:45a All Levels Yoga – Margree A 9:00a Yoga Stretch – Lisa A 10:30a SilverSneakers®Classic – Sam A 12p Bootcamp – Jamie A 4:45p HIIT and Spin – Dana **Silver Sneakers Classic** strengthen muscles & increase range of movement for daily life activities	A 5:30a Barre – Jodie A 8:30a Cardio Circuit – Dana B 9:00a All Levels Yoga – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bike and Bells – Dana B 4:30p Yoga Stretch – Tanya A 4:45p Bootcamp – Timothy A 5:30p Cardio Blast – Angel	A 5:30a Power Hour – Katie T 6:30a TRX – Jodie A 8:00a Tai Chi – Robert A 9:00a Yoga Stretch – Lisa A 10:15a Step and Sculpt – Jodie B 10:30a SilverSneakers®Yoga – Tanya C 11:30a Cycle – Elizabeth A 12p Bootcamp – Anthony F 4:30p Power Hour – Katie A 6:00p ZUMBA® – Angel	C 5:30a Fast and Furious – Teresa C 8:15a Cycle – Kat B 9:00a Dynamic Flow – Rebecca A 9:30a Pound – Jodie A 10:45a Stretch & Strengthen – Mel A 12p Bootcamp – Jamie A 4:30p Bootcamp – Timothy A 5:30p Power Sculpt – Stephanie **Nutrition for Healthy Living Class** 5:30p	T 5:15a TRX Plus – Kay T 6:30a TRX 101 – Kay C 8:15a Wheel Results – Mel B 8:30a LaBlast – Elizabeth A 9:00a All Levels Yoga – Lisa A 10:00a Barre-lates – Elizabeth A 5:00p Jungle Body – Angel	A 7:45a Saturday Strong – Rachel C 9:00a Cycle – Stephanie A 10:00a Yoga – Tanya **PRE-BOOK YOUR CLASSES IN THE APP OR SEE THE FRONT DESK TO RESERVE YOUR SPOT IN CLASS!**
28	**29**	**30**				
A 2:00p Yoga – Lisa C 3:00p Cycle – Phillip **SUNDAY SPIN?** COUNT ME IN!	T 5:30a Track Intervals – Rachel T 6:30a TRX – Jodie A 8:00a HIIT Circuit – Shelby B 8:45a All Levels Yoga – Margree A 9:00a Yoga Stretch – Lisa A 10:30a SilverSneakers®Classic – Sam A 12p Bootcamp – Jamie A 4:45p HIIT and Spin – Dana	A 5:30a Barre – Jodie A 8:30a Cardio Circuit – Dana B 9:00a All Levels Yoga – Rebecca A 9:30a ZUMBA GOLD® – Dana A 10:45a Stretch & Strengthen – Mel A 12p Bike and Bells – Dana B 4:30p Yoga Stretch – Tanya A 4:45p Bootcamp – Timothy A 5:30p Cardio Blast – Angel **Yoga Stretch** 4:30p with Tanya	**Wednesday night Zumba $5 drop-in for April**			