

Group Fitness Schedule: April 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Boot Camp (\$) (James)		Boot Camp (\$) (James)		Boot Camp (\$) (James)	
5:45am			Cycling (Amy)			
8:00am						Tone & Sculpt (Jen)
8:15am	Mat Pilates (Paula)		Mat Pilates (Paula)			
9:00am	Cycling (Amy)					Cycling (Brandy)
9:30am	Senior Fit/Silver Sneakers (Jon)		Senior Fit/Silver Sneakers (Jon)		Senior Fit/Silver Sneakers (Jon)	
10:00am						Total Body Fitness (Jon)
12:00pm	Ab Blast (Jen)	Tone & Sculpt (Alex)	Full Body Blitz (James)	Total Body Fitness (James)		
5:30pm	Total Body Fitness (Jon)	Inferno 30 (Jon)	Cycling (Randy)	Full Body Blitz (Andrea)	Total Body Fitness (Jon)	Cycling (Brandy)
6:30pm	Zumba (Laura)	Yoga (Pam)		Yoga (Pam)		

Classes marked with a "\$" required an additional fee.
 April schedule begins 4/3/2017.