


SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 CLUB CLOSED.		2		3		4		5		6		7 BOXING & KETTLEBELLS 9AM!		
		A 530a 30TK/ 30 Weights	Zel	A 5:30a 20/20/20	Mary Ka	A 5:15a FIRE	Jamie/Des	A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	Allison	C 8:30a Cycle	Phillip	
		B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	T 5:30a METRO MILERS	Ste/Kat	5:30a Training Camp	Brenda	A 9:00a BOXING and KETTLEBELLS	Travis	
		C 8:15a Cycle(60)	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Julia	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee			
		A 8:30a 20/20/20	Mary Kat	B 8:45a Power Yoga	M J	A 8:30a Muscle Mix	Leigh Anne	B 8:30a Power Yoga	Laura	C 8:15a Cycle	Julia	B 9:35a PILATES	Jennifer	
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 9:35a Sculpt Lite	Mary Kat	A 9:30a Active Aging	Jodie	A 8:30 Friday's MIX	Leigh A			
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	C 5:30p Cycle	Julia/Travis			A 9:35a Low Impact	Brenda			
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	A 4:30p BIKE BOX LIFT	Ron	A 4:30p SCULPT	Brenda	B 9:40a Yoga	Lisa			
		A 4:30p Circuit Training	Julia	B 5:30p Pilates	Jennifer	A 5:35p Turbo Kick	Zel	B 4:30p Yoga	Debbie					
		A 5:35p 20/20/20	Mary Kat					A 5:35p Tabata	Mia					
		C 5:45p Power Cycle	Julia							A 5:30p Jungle Body	Angel			

Burn Off Those Wkd Calories! 8:30a Cycle!

8		9		10		11 Cycle at 5:30a TODAY!		12		13		14	
C 3:00p BIKE BOX LIFT	Trav/Julia	A 530a 30TK/ 30 Weights	Mary Kat	A 5:15a P90X	Allison			A 5:30a Bar & Burn	Jackie			T9:00a SOS	Jan
A 4:00p Step and Sculpt	Brenda	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	A 5:30a CYCLE!!	Mary Kat	T 5:30a INTERVAL RUN	Ste/Katie	T 5:00a TRX 45	Allison	C 8:30a Cycle	Zel
		C 8:15a Cycle(60)	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	A 5:30a Training Camp	Brenda	A 9:00a Step Intervals	Brenda
B 4:00p Yoga	Debbie	A 8:30a 20/20/20	Jodie	B 8:45a Power Yoga	M J	C 8:15a Cycle(45)	Julia	B 9:00a Power Yoga	Laura	B 8:00a Stretch Yoga	Dee		
<p>Burn Off Those Wkd Calories! 4pm!</p>		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Willemijn
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat			A 8:30a TEAM ZUMBA	MK/Dany		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	A 4:30p BIKE BOX LIFT	Julia/Travis	A 4:30p SCULPT	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Julia			C 5:30p Cycle	Ron	B 4:30p Yoga	Debbie	B 9:40a Yoga	Lisa		
		A 5:35p 20/20/20	Mary Kat			A 5:35p Turbo Kick	Zel	A 5:35p Tabata	Mia				
		C 5:45p Power Cycle	Julia										

START Your Weekend With One SUPER WORKOUT!

15		16 OUTDOOR SPIN 5:45p		17		18		19		20 Turbo Kick vs. BOXING 8:30a		21		
C 3:00p Cycle	Julia	C 530a 30TK/30 Weights	Zel	A 5:30a 20/20/20	Mary Kat			A 5:30a Bar and Burn	Jackie	T 5:00a TRX 45	Allison	C 8:30a Cycle	Mary Kat	
A 4:00p FIRE	Jamie/De	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	A 5:15a FIRE	Jamie/Des	T 5:30a METRO MILERS	Ste/Katie	A 5:30a Training Camp	Brenda	A 9:00a Tabata Blast	Phillip	
B 4:00p Yoga	Willemijn	C 8:15a Cycle(60)	Leigh Anne	A8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee			
<p>Burn Off Those Wkd Calories! 4:00pm FIRE!</p>		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	M J	C 8:15a Cycle(45)	Julia	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Laura	
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	A 8:30a TK vs. BOXING!	MK/Travis			
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat				A 9:35a Low Impact	Brenda		
		A 10:45a Active Aging	Sharon	(this class is limited to 8 ppl)		A 4:30p BIKE BOX LIFT	Julia/Trav	A 4:30p SCULPT	Brenda	B 9:40a Yoga	Lisa			
		A 4:30p Circuit Training	Julia	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron	B 4:30p Yoga	Debbie					
		A 5:35p 20/20/20	Mary Kat	B 5:30p Pilates	Jennifer	A 5:35p Turbo Kick	Zel	A 5:35p Circuit Training	Travis	A5:30a Jungle Body	Angel			
		C 5:45p OUTDOOR SPIN	Julia											

9:35am Yoga w/ Laura!

22		23 MUSCLE MIX 4:30pm		24		25		26		27		28		
C 3:00p Cycle	Mary Kat	C 5:30a 30 TK/ 30 Weights	Zel	A 5:15a P90X	Allison			A 5:30a Bar and Burn	Jackie	T 5:00a TRX 45	Kay	T 6:30a Milers	Steph/Katie	
A 4:00p INSANITY	Phillip	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	A 5:15a FIRE	Jamie/Des	T 5:30a INTERVAL RUN	Ste/Katie	A 5:30a Training Camp	Brenda	T9:00a SOS	Jan	
B 4:00 Yoga	Dee	C 8:15a Cycle	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	C 8:30a Cycle	Phillip	
<p>End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</p>		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	M J	C 8:15a Cycle	Julia	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia	A 9:00a P90X	Brenda	
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA	Mary Kat	B 9:35a PILATES	Jennifer	
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat				A 9:35a Low Impact	Brenda		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 4:30p BIKE BOX LIFT	Travis/Jul	A 4:30p SCULPT	Brenda	B 9:40a Yoga	Lisa			
		A 4:30p MUSCLE MIX	Leigh Anne			A 5:35p Turbo Kick	Zel	B 4:30p Yoga	Debbie					
		A 5:35p 20/20/20	Mary Kat			C 5:30p Cycle	Ron	A 5:35p Circuit Training	Travis					
		C 5:45p Power Cycle	Julia											

START Your Weekend With One SUPER WORKOUT!

29		30											
C 3:00p Cycle	Zel	C 5:30a 30 TK/ 30	Zel										
A 4:00p FIRE	Jamie/De	B 8:00a Stretch	Dee										
B 4:00 Yoga	Debbie	C 8:15a Cycle	Leigh Anne										
<p>END Your Weekend WORKOUT!</p>		A 8:30a 20/20/20	Mary Kat										
		A 9:35a Low Impact	Jodie										
		B 9:40a Yoga	Margree										
		A 10:45a Active	Sharon										
		A 4:30p Circuit	Julia										
		A 5:35p 20/20/20	Mary Kat										

April April April

