

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>HOP into group exercise this month!</p>	1 April Fools!!		2 NEW SWEATILATES 8:30AM		3		4		5		6	
	C 5:30a 30TK/ 30 Weights	Dee	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
	B 8:00a Stretch Yoga 90	Mary Kat	C 5:30a PELOTON cycle		B 8:00a Yoga	Paula	T 5:30a INTERVAL RUN	Katie	C 5:15a METcamp	Mary Kat	T 9:00 S.O.S	Jan
	C 8:15a Cycle	Paula	A 8:30a SWEATILATES	Jodie	C 8:15a Cycle(45)	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	A 9:00a FIT CAMP	Ashley
	A 8:30a 20/20/20	Margree	B 8:30a Power Yoga	Amy	A 8:30a Muscle MIX	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Willemijn
	A 9:35a Low Impact	Zel	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Delisa	B 8:30a Power Yoga	Amy	C 8:15a Cycle	Amy	<p>This Saturday Has You Covered!!!</p>	
	B 9:40a Yoga	Leigh Ann	A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		F 8:15 Functional Training	Leigh A		
	A 4:30p Circuit Training	Travis	A 4:30p FIT CAMP	Ashley	C 5:30p Cycle	Joshua	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA	MK/Dany		
A 5:35p Turbo Kick/Mix	Brenda	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda			
C 5:45p Power Cycle	Jodie	A 5:35p Tabata Step	Brenda			A 4:30p30 Cardio/ 30 Sculpt	Brenda	B 9:40a Yoga	Lisa			
						B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy			
						B 5:35p Pilates	Paula	A5:15p Jungle Body	Angel			
						A 5:35p FIT CAMP	Ashley					

7		8		9 NEW SWEATILATES 8:30AM		10		11		12 5:15a Lower Body Plyo/Burst Training		13	
C 3:00p Cycle	Joshua	C 5:30a 30TK/ 30 Weights	Zel	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Phillip
A 4:00p SCULPT	Brenda	B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON cycle		B 8:00a Yoga	Paula	T 5:30a INTERVAL RUN	Ste/Katie	C 5:15a Lower Body Plyo And Burst Training	Mary Kat	A 9:00a Penalty Box + Kettlebells!	Mary Kat
B 4:00p Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	A 8:30a SWEATILATES	Jackie	C 8:15a Cycle(45)	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	B 9:35a Yoga	Margree

*End Your Weekend
With a WORKOUT!!!!!!
3 great classes
3 awesome instructors!!*

A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Paula	A 8:30a Muscle MIX	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee
A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Mary Kat	B 8:30a Power Yoga	Margree	C 8:15a Cycle	Amy
B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		T 8:15a TRX	Jodie
A 4:30p Circuit Training	Brenda	A 4:30p FIT CAMP	Ashley J	C 5:30p Cycle	Amy	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	MK/Dany
A 5:35p Turbo Kick/Mix	Mary Kat	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda
C 5:45p Power Cycle	Amy B	A 5:35p Tabata Step	Brenda			A 4:30p 30 Cardio/30 Sculpt	Brenda	B 9:40a Yoga	Lisa
						B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy
						B 5:35p Pilates	Paula		
						A 5:35p FIT CAMP	Travis		

*9:35am Yoga
w/ Margree!*

14		15		16 NEW SWEATILATES 8:30AM		17		18		19		20	
C 3:00p Spin Mashup!	Mary Kat	C 5:30a 30TK/ 30 Weights	Mary Kat	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
Dave Mathews/Tom Petty		B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON cycle		B 8:00a Yoga	Paula	T 5:30a METRO MILERS	Ste/Katie	C 5:15a METcamp	Mary Kat	A 9:00a Fitness	Zel &
A 4:00p Tabata Drills	Phillip	C 8:15a Cycle PLUS	Leigh Anne	A8:30a SWEATILATES	Jodie			C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	EGGStravaganza	Brenda
B 4:00p Yoga	Paula	A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Amy	C 8:15a Cycle(45)	Mary Kat	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	T 9:00 S.O.S	Jan
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 8:30a Muscle MIX	Leigh Anne	B 8:30a Power Yoga	Amy	C 8:15a Cycle (60)	Amy	B 9:35a Yoga	Lisa
		B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Jodie	A 9:35a Sculpt Lite	Delisa	C 9:00a PELOTON cycle		F 8:15 Functional Training	Leigh A		
				A 4:30p FIT CAMP	Ashley	A 4:30p BOX INTERVALS	Travis	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	Danyalle		
		A 4:30p Circuit Training	Brenda	B 4:30p Pilates	Jodie	C 5:30p SPIN MASHUP!	Amy/Joshu	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda	Restorative Yoga with	Paula
		A 5:35p Turbo Kick/Mix	Zel	A 5:35p Tabata Step	Brenda	Best of the 80'S		A 4:30 30 Cardio/30 Sculpt	Brenda	B 9:40a Yoga	Lisa	Sound Immersion Workshop	
		C 5:45p Power Cycle	Amy B			A 5:35p Turbo Kick	Zel	B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy	11am-12:30pm	
								B 5:35p Pilates	Paula	A5:15p Jungle Body	Angel	\$15 members	
								A 5:35p FIT CAMP	Ashley J			\$25 non members	

**This Sunday
Has You
Covered!!!**

21 Club Closed		22 5:30p Lower Body Plyo/Burst		23 NEW SWEATILATES 8:30AM		24		25		26		27	
		C 5:30a 30 TK/ 30	Zel	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
		B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON cycle		B 8:00a Yoga 90	Paula	T 5:30a INTERVAL RUN	Ste/Katie	C 5:15a METcamp	Mary Kat	A 9:00a Power Step	Brenda
		C 8:15a Cycle	Leigh Anne	A 8:30a SWEATILATES	Jodie	C 8:15a Cycle 45	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay		
		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Amy	A 8:30a Muscle Mix	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Lisa
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Mary Kat	B 8:30a Power Yoga	Amy	C 8:15a Cycle (60)	Amy		
		B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Jodie	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		T 8:15a TRX	Jodie		
		A 4:30p Circuit Training	Brenda	A 4:30p FIT CAMP	Ashley J	C 5:30p Cycle	Amy	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	MK/Dany		
		A 5:35p Lower Body Plyo And Burst Training	Mary Kat	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		C 5:45p Power Cycle	Amy B	A 5:35p Tabata Step	Brenda					B 9:40a Yoga	Lisa		
								NO AFTERNOON CLASSES		A 10:30a Tai Chi	Peggy		
								PARKINSON'S PROM					

28
C 3:00p OUTDOOR Spin
A 4:00p Circuits
B 4:00p Yoga

29		30 NEW SWEATILATES 8:30AM	
C 5:30a 30 TK/ 30	Zel	A 5:30a Sculpt	Brenda
B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON	
C 8:15a Cycle	Leigh Anne	A 8:30a SWEATILA	Jodie
A 8:30a 20/20/20	Jodie	B 8:30a Power	Amy
A 9:35a Low Impact	Jodie	C 9:00a PELOTON	
B 9:40a Yoga	Margree	A 9:35a Bar Burn	Jackie
		A 4:30p FIT CAMP	AshleyJ
A 4:30p Circuit Training	Brenda	B 4:30p Pilates	Jodie
A 5:35p Turbo Kick/Mix	Mary Kat	A 5:35p Tabata	Brenda

April

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