



Happy Easter!

April 1st

We are CLOSED Easter Sunday.

NEW VIRTUAL CLASSES

BODYCOMBAT®

GRIT®

SH'BAM®

BODYFLOW®

CX WORX®

And more...

Coming mid-month! Check the front desk for times and class descriptions.

11:00 FRIDAY

BARBELL FITNESS Meghan

April
SHOWERS
BRING
May
FLOWERS

April Group Fitness Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--|--|---|--|--|---|---|
| 5:05 AM | EARTH DAY April 22 Reuse, repurpose, recycle We are CLOSED Easter Sunday. | BOOTCAMP <i>Janna</i> | BODYPUMP <i>Donna</i> CYCLE 3, 10 <i>Andrea</i> 17 <i>Thomas</i> 24 <i>Von</i> | BOOTCAMP <i>Janna</i> | BODYPUMP <i>Robin</i> | BOOTCAMP <i>Von</i> | 8:15 7 BOOTCAMP <i>Von</i> 14 HIIT <i>Traci</i> 21 STEP <i>Meghan</i> 28 STEP <i>Meghan</i> 9:15 BODYPUMP 7 <i>Anna</i> 14 <i>Anna</i> 21 <i>Meghan</i> 28 <i>Meghan</i> |
| 8:15 AM | | STEP <i>Vicki</i> 16 <i>Meghan</i> CYCLE <i>Lisa</i> | FITNESS FUSION <i>Kelley</i> SilverSneakers® CIRCUIT (AAC) <i>David (Cecilia)</i> | STRONG <i>Karen</i> CYCLE <i>Donna</i> | BODYPUMP <i>Donna</i> CARDIO IMPACT (AAC) <i>Vicki</i> (<i>David</i>) 19 <i>David (Lola)</i> | 20/20/20 <i>Janna</i> FITNESS FUSION (AAC) <i>Robin</i> CYCLE <i>Heather C</i> 13 <i>Andrea</i> | |
| 9:15 AM | | 9:00 AQUA <i>Melinda</i> GENTLE YOGA <i>Barbara</i> | 9:00 AQUA <i>Cecilia</i> BODYPUMP <i>Robin</i> SilverSneakers® CLASSIC (AAC) <i>David (Kelley)</i> | 9:00 AQUA <i>Melinda</i> YOGA <i>Barbara</i> | 9:00 AQUA <i>Vicki</i> 19 <i>Cecilia</i> SilverSneakers® CLASSIC (AAC) <i>David (Cecilia 19 Lola)</i> 9:20 ZUMBA GOLD <i>Donna</i> | 9:00 AQUA <i>Cecilia</i> STRONG <i>Karen</i> 9:15 YIN YOGA (AAC) <i>Tammy</i> | |
| 10:15 AM | | P45 <i>Robin</i> 11:00 45 min LOW IMPACT <i>Robin</i> | 10:15 BASIC TAI CHI (AAC) <i>Jesse</i> 10:20 ZUMBA GOLD <i>Donna</i> | BARBELL FITNESS <i>Robin</i> 11:00 LOW IMPACT <i>Robin</i> | HEALTHY BACKS (AAC) <i>Lisa</i> 10:30 TAI CHI <i>Jesse</i> | 30 min PILATES <i>Cathy</i> 11:00 BARBELL FITNESS <i>Meghan</i> | |
| 11:30 AM | | | | 11:30 BALANCE & STRETCH <i>Alden</i> 3 <i>Emily</i> | 30 min PILATES <i>Cathy</i> | 11:30 BALANCE & STRETCH <i>Alden 5 Emily</i> | |
| 1:00 PM | 1:10 YOGA <i>Chris</i> | SilverSneakers® CIRCUIT (AAC) <i>Barbara</i> | | SilverSneakers® CLASSIC (AAC) <i>David</i> | | FREE TOT WATCH Monday - Friday 8 am – Noon 4 pm – 8 pm Saturday 8 – 12 pm Sunday 1 – 5 pm | |
| 2:00 PM | 2:30-3:30 TONE AND TIGHTEN <i>Anna</i> | SilverSneakers® YOGA (AAC) <i>Barbara</i> | | SilverSneakers® YOGA (AAC) <i>David</i> | | | |
| 4:30 PM | | BODYPUMP <i>Anna</i> | H.I.I.T <i>Melanie</i> | STEP <i>Vicki</i> FITNESS FUSION 55+ (AAC) <i>Melanie</i> | 20/20/20 <i>Anna</i> DANCEBODY FITNESS <i>Tera</i> | | |
| 5:35 PM | 3:30 – 4:30 DANCE & BARRE <i>Tera</i> | CARDIO INFERNO <i>Traci</i> 23 <i>Melanie</i> | BODYPUMP 3, 10 <i>Traci</i> 17 <i>Ashley</i> 24 <i>Anna</i> | KICKBOXING <i>Mari</i> CYCLE <i>Traci</i> 18 <i>TBA</i> 25 <i>Thomas</i> | BODYPUMP <i>Ashley</i> | | |
| 6:40 PM | | DANCEBODY FITNESS <i>Tera</i> | SLOW FLOW YOGA 3, 17 <i>Thomas</i> 10, 24 <i>Rebecca</i> | | YOGA <i>Kathy</i> 26 <i>Thomas</i> | | |