

April 2024 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT PILATES 5:45am AMANDA!	SPIN AND SCULPT 5:30 AM MEGAN	KETTLEBELL 5:45 AM JIM	POWER HOUR 5:30 AM MEGAN	KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM JEAN	BOOTCAMP/FREESTYLE 8:00 AM MANDY	DANCE AEROBICS 8:00 AM JEAN	
YOGA 9:00 AM ANGIE/MEGAN	Explore Yoga 9:00AM RHIANNA SPIN 9:00AM DENISE	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
SILVER SNEAKERS 10:00 AM MEGAN	TAI CHI 10:00AM BONNIE	SENIOR FITNESS 10:00 AM CAROL ANN	SILVER SNEAKERS 10:00 AM JILL/SUELLEN	SENIOR FITNESS 10:00AM CAROL ANN
CARDIO KICK 11:00 AM FOR APRIL! PAM	GROUP POWER 12:00 PM MANDY	RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk!	GROUP POWER 12:00 PM PAM	YOGA CORE 12:00 PM MEGAN NO Class 4/5/24 SNACK AND LEARN!
		SCULPT 1:00 PM PATTY		
ZUMBA!! 5:15 pm MEGAN	SCULPT 4:30PM DAWN		Kettlebell 4:30PM LISA No Class 4/4/24	
	YOGA BASICS 5:45PM DAWN	HOT PILATES AMANDA 6:00PM	GROUP POWER 5:30 PM MANDY	
GROUP POWER 6:30 PM MANDY	NEW/CANCELLED CLASS ALERT: Be sure to check out the yellow sections on calendar!!! Text (706)371-3531 for updates			