

April Group Exercise Schedule


Monday

Tuesday

Wednesday

Thursday

Friday

8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Allison Large Gym	8:30am	Group Power® Allison/Leslie Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A
9:30am	Pilates Allison Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Sandee Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A
	Zumba® Sandee Large Gym		Zumba Gold Toning® Sandee Studio A		Aqua Boot Camp Carol Pool		Aqua Zumba® Sandee Pool		
	Aqua Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Flow Yoga Cathy Studio A	10:30am	Candlelight Yoga Missy Studio A	10:30am	Aqua Mix Allison Pool
10:30am	Group Power® Allison Studio A	11:45am	Aqua Mix Allison Pool	11:30am	Tai Chi Flow Sandee Studio A	10:30am	Aqua Mix Christina Pool	10:30am	Group Power® Leslie Studio A
	Aqua Zumba® Viktoria Pool		SilverSneakers® Classic Allison Studio A		6:35pm		Flow Yoga Cathy Studio A		11:45am
11:45am	SilverSneakers® Classic Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A	<div>the</div> <div></div>		5:30pm	Group Cycle (45mins) Dana Cycle Studio	Saturday	
	Pedal & Pilates Allison Cycle Studio	6:35pm	Basic Step Becky Studio A			5:30pm	Group Groove® Marybeth Studio A		
12:30pm	Chair Yoga Sandee Studio A	<div>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before</div>				6:35pm	Group Power® Dana Studio A	8:15am	Group Cycle Dana Cycle Studio
5:30pm	Group Power® Dana Studio A					8:30am	Sculpt & Tone Anissa Studio A		
6:35pm	Group Cycle (45mins) Dana Cycle Studio	<div>Healthy Kids Day Saturday 4/26 10:00 to 12:00</div>				9:30am	Aqua Mix Christina Pool (NO CLASS 4/26)	9:30am	Group Power® Dana Studio A
	Flow Yoga Cathy Studio A						10:35am		Basic Step Becky Studio A
<div>Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.</div>						12:00pm	Salsa,Bachata Adam Studio A		

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