


# April Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A	
9:30am	CoreFusion Staff Studio A	Group Cycle Allison Cycle Studio	Zumba® Sandee Studio A	Group Cycle Leslie Cycle Studio	Deep Stretch Yoga Cathy Studio A	
	Zumba® Sandee Large Gym	Zumba Gold Toning® <b>Sandee</b> Studio A	Aqua Boot Camp Carol Pool	Aqua Zumba® Sandee Pool	Aqua Zumba® Sandee Pool	
	Aqua Mix Carol Pool	Gentle Candlelight Yoga Myrna Studio A	Aqua Mix Allison Pool	Candlelight Yoga Missy C Studio A	Aqua Mix Missy W Pool	
10:30am	Group Power® Leslie Studio A	Aqua Mix Christina Pool	Flow Yoga Cathy Studio A	Aqua Mix Christina Pool	Group Power® Leslie Studio A	
	Aqua Zumba® Viktoria Pool	Active for Life Christina Studio A	Stronger Longer Allison Studio A	Active for Life Christina Studio A	Tai Chi Flow Sandee Studio A	
11:45am	Active for Life Wendy Studio A	Zumba® Stacey Studio A	Aqua Mix Corissa Pool	Group Cycle (45mins) Dana Cycle Studio	Saturday	
12:30pm	Chair Yoga Sandee Studio A	Step Becky Studio A	Flow Yoga Cathy Studio A	Zumba® Viktoria Studio A		
5:30pm	Group Power® Dana Studio A		<div data-bbox="841 1528 1258 1696" style="border: 1px solid black; padding: 5px; text-align: center;">                     Pickleball Tue/Thurs @9:30am - 12:30pm Gym                 </div>	Group Power® Dana Studio A		
6:35pm	Group Cycle (45mins) Dana Cycle Studio			<div data-bbox="357 1606 808 1843" style="border: 1px solid black; padding: 5px;">                     Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.                 </div>		<div data-bbox="889 1780 1291 1963" style="border: 1px solid black; padding: 5px; text-align: center;">                     Find this schedule &amp; other info www.gapiedmontymca.org 770-868-2917                 </div>
	Flow Yoga Cathy Studio A					
8:15am					Group Cycle Dana Cycle Studio	
9:30am					Aqua Mix Christina/Missy W Pool (NO CLASS 4/18)	
10:35am					Group Power® Dana Studio A	
11:35am					Step Becky Studio A	
					Salsa, Bachata Adam Studio A	

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.