



APRIL 2024

Group Fitness Schedule

New Classes and Special Events are Listed in **Red**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
				Cycling Class 6:45 – 7:20 am	
				Strength Training 9:15 - 10:00 am	
Cardio Mix 9:15 - 10:00 am	Strength Training 9:15 - 10:00 am	Pilates 9:15 - 10:15 am	Low Impact Interval 9:15 - 10:00 am		
Pilates 10:00 - 11:00 am	Cardio Mix 10:00 - 10:45 am		Pilates 10:00 - 11:00 am	Pilates 10:00 - 11:00 am	Zumba 10:00 - 11:00 am <i>No Class on 4/20</i>
		Beginning Line Dance 10:30 - 11:00 am			
Stretch and Tone 11:15 - 11:45 am		Advanced Line Dance 11:00 - 11:30 am		Stretch and Tone 11:15 - 11:55 am	
	Stretch and Balance 11:30 am - 12:10 pm	Stretch and Tone 11:30 am - 12:00 pm	Gentle Yoga 11:15 am - 12:15 pm	Special Event April 19 11:15 am Exercise Techniques	
Beginner Line Dance 5:30 - 6:00 pm	Boot Camp 5:30 - 6:30 pm		Boot Camp 5:30 - 6:30 pm		
Advanced Line Dance 6:00 - 6:30 pm			Cardio Line Dance 6:30-7:30 pm		
Cycling Class 7:00 - 7:45 pm	Pedal and Pump 6:30 - 7:20 pm		Special Event April 25 6:30 pm Gentle Yoga		