



# APRIL GROUP FITNESS CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
<b>YOGA</b> 5:45a-6:30a Sara/Cathy	<b>DIRTY 30</b> 5:45a-6:15a Camille	<b>YOGA</b> 5:45a-6:30a Sara/Cathy	<b>DIRTY 30</b> 5:45a-6:15a Camille	<b>YOGA</b> 5:45a-6:30a Sara/Cathy	<b>YOGA</b> 7:30a-8:30a Sara/Cathy
<b>INSANITY</b> 7:30a-8:15a Allison	<b>WARRIOR CROSS TRAIN</b> 8:30a-9:15a Megan	<b>BARRE</b> 8:30a-9:15a Meghan	<b>WARRIOR CROSS TRAIN</b> 8:30a-9:15a Beth/Allison	<b>TABATA BOOT CAMP</b> 7:30a-8:15a Robin	<b>BOXING CONDITIONING</b> 8:15a-9:00a Michelle
<b>BALLET BURN</b> 8:30a-9:15a Meghan	<b>GET FIT</b> 8:45a-9:30a Lisa	<b>FIT TO FIGHT CANCER</b> 8:30a-9:30a Allison *	<b>GET FIT</b> 8:45a-9:30a Lisa	<b>STEP</b> 8:30a-9:15a Meghan	<b>HIGH FITNESS</b> 9:00a-9:45a Lisa <small>HIGH fitness</small>
<b>WALK FIT</b> 8:30a-9:15a Megan	<b>FIT TO FIGHT PARKINSON'S</b> 10:30a-12:00p Cathy *	<b>CYCLING</b> 9:00a-9:30a Judy	<b>PEDALING FOR PARKINSON'S</b> 10:00a-11:00a Cathy *	<b>FIT TO FIGHT PARKINSON'S</b> 10:30a-12:00p Cathy	<b>RHYTHM RIDE</b> 9:00am-9:45a Rihannan
<b>FIT TO FIGHT CANCER</b> 9:30a-10:30a Allison	<b>YOGA</b> 12:15p-12:45p Cathy	<b>VINYASA FLOW YOGA</b> 9:30a-10:30a Meghan	<b>TABATA</b> 12:15p-1:00p Beth/Allison	<b>YOGA</b> 12:15p-12:45p Cathy	
<b>VINYASA FLOW YOGA</b> 9:30a-10:30a Meghan *	<b>SUSPENSION &amp; ROW</b> 12:15p-1:00p Beth	<b>PIYO</b> 12:15p-1:00p Beth	<b>BOXING</b> 5:00p-6:00p Riley	<b>INSTRUCTOR'S CHOICE</b> 12:15p-1:00p Beth/Allison	
<b>MUSCLE MADNESS</b> 12:15p-1:00p Beth	<b>BOXING</b> 5:00p-6:00p Riley	<b>BOOTCAMP</b> 5:15p-6:00p Jen B	<b>YOGA</b> 5:30p-6:15p Kelle		
<b>MUSCLE TONE</b> 5pm-5:30p Jen O	<b>PIYO</b> 5:15p-6:00p Brenna	<b>HIGH FITNESS</b> 5:30p-6:15p Lisa <small>HIGH fitness</small>	<b>BARRE</b> 5:30p-6:15p Meghan		
<b>BOOTCAMP</b> 5:15p-6:00p Jen B	<b>YOGA</b> 5:30p-6:15p Cathy				
<b>POWER CYCLE</b> 5:30p-6:30p Robin	<b>POWER CYCLE</b> 5:30p-6:30p Robin				
<b>CARDIO CIRCUITS</b> 5:30p-6:00p Jen O					
<b>HIGH FITNESS</b> 6:00p-6:45p Lisa <small>HIGH fitness</small>					

- OFF SITE
- WELLNESS CENTER
- MULTI PURPOSE ROOM
- BFIT
- AEROBICS ROOM
- CYCLING ROOM
- GYMNASIUM

\* REGISTRATION IS REQUIRED

