

APRIL GROUP FITNESS SCHEDULE

MONDAY		4/7	4/14	4/21	4/28
6:00 a.m. Prime Cuts (muscle work)		Susan	Susan	Susan	Susan
8:45 a.m. 50+ Cardio/Sculpt		Stephanie	Stephanie	Stephanie	Stephanie
9:30 a.m. Cycling		John	John	John	John
9:45 a.m. Step		Stephanie	Stephanie	Stephanie	Stephanie
5:30 p.m. Korean Karate (90 min. Fee)		Gordon	Gordon	Gordon	Gordon
6:00 p.m. Waterworks		Canceled	Kristin	Kristin	Kristin
6:00 p.m. Prime Cuts (muscle work)		Max	Max	Max	Max
7:00 p.m. Step/Sculpt (60 min.)		Max	Max	Max	Max
TUESDAY	4/1	4/8	4/15	4/22	4/29
6:00 a.m. Cycling	Paul	Paul	Paul	Paul	Paul
8:00 a.m. Yoga (60 min) Upper Room	Cynthia	Cynthia	Cynthia	Cynthia	Cynthia
9:00 a.m. mat Pilates (75min)	Cynthia	Cynthia	Cynthia	Cynthia	Cynthia
9:00 a.m. Trekking	Judy	Judy	Judy	Judy	Judy
6:00 p.m. Basic/Inter. mat Pilates	Max	Max	Max	Max	Max
7:00 p.m. Yoga (75 min) Upper Room	Jill	Jill	Jill	Jill	Jill
WEDNESDAY	4/2	4/9	4/16	4/23	4/30
6:00 a.m. Peoples Choice/Cardio	Susan	Susan	Susan	Susan	Susan
9:00 a.m. Circuit	Michael	Michael	Michael	Michael	Michael
8:45 a.m. 50+ Cardio/Sculpt	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie
9:45 a.m. Soomba	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie
6:00 p.m. Waterworks	Tara	Tara	Tara	Tara	Tara
6:00 p.m. Kickboxing	Cheryl	Cheryl	Cheryl	Cheryl	Cheryl
THURSDAY	4/3	4/10	4/17	4/24	<p>Monthly Fit Tip:</p> <p><i>Balancing your diet with proper nutrients and activity will together promote better health.</i></p> <p><i>Healthy eating helps maintain a healthy body weight as well as improve energy, mood and concentration.</i></p>
6:00 a.m. Cycling	Joyce	Joyce	Joyce	Joyce	
8:00 a.m. Yoga (60 min) Upper Room	Cynthia	Cynthia	Cynthia	Cynthia	
9:00 a.m. mat Pilates (75min)	Cynthia	Cynthia	Cynthia	Cynthia	
9:00 a.m. Trekking	Judy	Judy	Judy	Judy	
5:30 p.m. Korean Karate (90 min. Fee)	Gordon	Gordon	Gordon	Gordon	
6:00 p.m. Pilates With Props	Cynthia	Cynthia	Cynthia	Cynthia	
7:00 p.m. Yoga (75 min) Upper Room	Cynthia	Cynthia	Cynthia	Cynthia	
FRIDAY	4/4	4/11	4/18	4/25	
6:00 a.m. Peoples Choice/Cardio	Susan	Susan	Susan	Susan	
8:30 a.m. Fit Mix	Cynthia	Cynthia	Cynthia	Cynthia	
9:30 a.m Kick & Core	Cynthia	Cynthia	Cynthia	Cynthia	
9:30 a.m. Cycling	Michael	Michael	Michael	Michael	
6:00 p.m. Soomba	Stephanie	Stephanie	Stephanie	Max	
SATURDAY	4/5	4/12	4/19	4/26	
8:00 a.m. Circuit	Drew	Drew	Drew	Drew	
8:30 a.m. Adv. Step/Sculpt (75 min)	Max	Max	Max	Max	
8:30 a.m Cycling	Sherri	Sherri	Sherri	Sherri	
8:45 a.m. Waterworks	Donna	Donna	Donna	Donna	
9:15 a.m. Circuit	Drew	Drew	Drew	Drew	
10:00 a.m. Yoga (90 min) Upper Room	QiQi	QiQi	QiQi	QiQi	
SUNDAY	4/6	4/13	4/20	4/27	
8:45 a.m. Cardio Sculpt - (75 min.)	Stephanie	Stephanie	Cristi	Canceled	
8:30 a.m Cycling	Joyce	Paul	Joyce	Paul	
10:00 a.m. Mat Power Pilates (75 min) Inter/Advanced	Cynthia	Jodie/Cynthia	Cynthia	Cynthia	