

Group Fitness Classes April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court CY=Cycling Studio	1 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) AD 8:30 Vinyasa Yoga(MB) Marsha 9:30 Cycling(CS) Amanda 11:00 Senior Fit (CS) AD 11:15 PACE(MB) Peggy 4:30 HIIT (CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	2 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	3 5:45 Lift&Pump(CS) Iris 8:30 Boot Camp(CS) Eleanor 8:30 Gentle Flow Yoga(MB) Tim 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Sheree 5:00 Lift & Pump(CS) Tim 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) Stephanie	4 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) WG 10:30 Tai Chi S73(MB) Wendy G 11:30 Chair Yoga(MB) MA	5 8:30 Cycling(CY) Sarabeth 8:30 Gentle Flow Yoga(MB) Dawn
6 3:00 Gentle Flow Yoga (MB) Billie	7 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	8 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) AD 8:30 Vinyasa Yoga(MB) Marsha 9:30 Cycling(CS) Amanda 11:00 Senior Fit (CS) AD 11:15 PACE(MB) Peggy 4:30 HIIT (CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	9 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	10 5:45 Lift&Pump(CS) Iris 8:30 Boot Camp(CS) Eleanor 8:30 Gentle Flow Yoga(MB) Tim 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Mason 5:00 Lift & Pump(CS) Tim 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) Stephanie	11 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda 11:30 Chair Yoga(MB) MA	12 8:30 Cycling(CY) Iris 8:30 Gentle Flow Yoga(MB) Billie
13 3:00 Gentle Flow Yoga (MB) Mason	14 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Gentle Flow(MB) Billie 9:30 Arms&Core(CS) Eleanor 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	15 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) AD 8:30 Vinyasa Yoga(MB) Marsha 9:30 Cycling(CS) Amanda 11:00 Senior Fit (CS) AD 11:15 PACE(MB) Peggy 4:30 HIIT (CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	16 5:45 BCamp(CS) Iris 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	17 5:45 Lift&Pump(CS) Iris 8:30 Boot Camp(CS) Eleanor 8:30 Gentle Flow Yoga(MB) Tim 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Billie 5:00 Lift & Pump(CS) Tim 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) Stephanie	18 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda 11:30 Chair Yoga(MB) MA	19 8:30 Cycling(CY) Jenn 8:30 Gentle Flow Yoga(MB) Mason
20 The Y is closed today in observance of Easter	21 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	22 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) ER 8:30 Vinyasa Yoga(MB) Marsha 9:30 Cycling(CS) Wendy 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 4:30 HIIT (CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	23 5:45 BCamp(CS) Iris 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	24 5:45 Lift&Pump(CS) Iris 8:30 Boot Camp(CS) Eleanor 8:30 Gentle Flow Yoga(MB) Tim 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Sheree 5:00 Lift & Pump(CS) Tim 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) Stephanie	25 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda 11:30 Chair Yoga(MB) MA	26 8:30 Cycling(CY) Lisa 8:30 Gentle Flow Yoga(MB) Dawn
27 3:00 Gentle Flow Yoga (MB) Billie	28 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) No Class 8:30 Fit For Life(BB) Cathy 8:30 Gentle Flow(MB) Mason 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	29 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) AD 8:30 Vinyasa Yoga(MB) Marsha 9:30 Cycling(CS) Amanda 11:00 Senior Fit (CS) AD 11:15 PACE(MB) Peggy 4:30 HIIT (CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	30 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) Billie 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA			