

Group Fitness Classes April 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | 1 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u> | 2 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> | 3 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>No Class</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u> | 4 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Strength Tabata(CS) <u>Cordell</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u> | 5 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u> | 6 8:30 Cycling(CY) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> |
| 7 3:00 Gentle Flow Yoga (MB) <u>Billie</u> | 8 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Billie</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u> | 9 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> | 10 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Sarabeth</u> 6:00 Gentle Flow(MB) <u>MA</u> | 11 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Strength Tabata(CS) <u>Cordell</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>No Class</u> | 12 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u> | 13 8:30 Cycling(CY) <u>Iris</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u> |
| 14 3:00 Gentle Flow Yoga (MB) <u>Mason</u> | 15 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u> | 16 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> | 17 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u> | 18 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Full Body Fusion(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Sheree</u> 4:30 Strength Tabata(CS) <u>Cordell</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u> | 19 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u> | 20 8:30 Cycling(CY) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u> |
| 21 3:00 Gentle Flow Yoga (MB) <u>Dawn</u> | 22 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Billie</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u> | 23 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Jenn</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> | 24 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u> | 25 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Full Body Fusion(BB) <u>Cordell</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Sheree</u> 4:30 Strength Tabata(CS) <u>Cordell</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Stephanie</u> | 26 8:00 Step (CS) <u>*No Class</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>No Class</u> | 27 8:30 Cycling(CY) <u>TBD</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u> 10:00 World Tai Chi and Gigong Day (MB) <u>Linda</u> |
| 28 3:00 Gentle Flow Yoga (MB) <u>Nancy</u> | 29 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Sheree</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Sarabeth</u> | 30 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Cardio Tabata(CS) <u>Cordell</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> | | | Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court CY=Cycling Studio | |