



April Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Balance 8:00-9:00am Camm *4/21 Release 103	Body Pump Express 7:00-7:45am Yvonne	Pure Cycle 8:00-8:45am Kevin	Body Pump Express 7:00-7:45am Julie *4/17 Katie	Pure Cycle 7:00-7:45am Kathi *4/4 Trish	Total Body 7:00-7:45am Kathi *4/5 Julie	Beginner Yoga 8:00-8:45am Therese
Pure Cycle 8:00-8:45am Kathi *4/7 Tessa	Pure Cycle 8:00-8:45am Katie *4/1 Tessa	Total Body 8:15-9:00am Val	Pure Cycle 8:00-8:45am Kevin *4/17 Katie	Pure Cycle 8:00-8:45am Kevin	Pure Cycle 8:00-8:45am Kathi *4/5 Tessa	Zumba 9:00-10:00am Charlotte
Total Body 9:30-10:30am Val	*4/8 Tessa *4/22 Kevin Step & Sculpt 8:00-9:00am	Vinyasa Flow 9:15-10:15am Murray	Pound 8:00-8:45am Linda	BodyPump 8:00-9:00am Katie *4/4 Trish	Pure Barre+Core 9:15-10:15am Val *4/12 Therese	Pure Cycle 9:00-9:45am Briana
Core & More 10:45-11:30am Val	Julie *4/15 Camm BodyPump 9:15-10:15am Katie *4/1 Tessa *4/8 Camm *4/22 Camm Flexfusion 10:30-11:30am Kathy W *4/1 Tina La Blast 11:45-12:45pm Charlotte	Zumba Toning 10:30-11:30am Charlotte	Pure Barre 9:15-10:15am Val	*4/25 Tess Yoga Flow 9:15-10:15am Neil W	*4/19 Therese Basic Yoga 10:30-11:30am Tina	BodyPump 10:15-11:15am *4/6 Briana *4/13 Yvonne *4/20 Release 128 *4/27 Yvonne
		Total Body 5:15-6:15pm Val *4/9 Julie *4/23 Therese *4/30 Julie	Pilates 10:30-11:15am Val	La Blast 11:45-12:45pm Charlotte	BodyPump 5:15-6:15pm Rotation	
	Pure Strength 5:15-6:15pm Kathy W *4/1 Briana Pedal & Punch 6:30-7:15pm Kathy W *4/1 Briana		BodyPump 5:15-6:15pm Brianna *4/17 Yvonne Pure Cycle 6:30-7:00pm Brianna *4/17 Yvonne			



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*** Register for all classes through our Pure Family Fitness App up to 24hrs in advance.****
*** Low class enrollment subject to cancellation***