

# April Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Body Pump</b> 9:15-10:15am Charlene <b>*4/21 Release 128</b>	<b>Body Pump</b> 6:15-7:00am Audrey	<b>GRIT Cardio</b> 7:00-7:30am Charlene <b>*4/30 Release 47</b>	<b>RPM</b> 5:30-6:15am Lauren	<b>SPRINT</b> 7:00-7:30am Charlene <b>*4/25 Release 34</b>	<b>Body Pump</b> 8:15-9:15am Ellen	<b>Stretch &amp; Recover</b> 8:00-8:25am Charlene
<b>Stretch &amp; Flex</b> 10:30-11:00am Charlene	<b>Glute Camp</b> 8:45-9:30am Elena	<b>Stretch &amp; Recover</b> 7:30-7:55am Charlene	<b>Body Pump</b> 6:15-7:00am Kim <b>*4/3 Audrey</b>	<b>LM Core</b> 7:35-8:05am Charlene	<b>RPM</b> 9:00-9:45am Lauren <b>*4/26 Sally</b>	<b>RPM</b> 8:30-9:15am <b>*4/6 Sally</b> <b>*4/13 Kim</b> <b>*4/20 Kim</b>
	<b>RPM</b> 9:00-9:45am Sally	<b>LM Core 45</b> 9:00-9:45am Linda	<b>Shapes</b> 8:15-9:00am Charlene	<b>Body Combat</b> 9:00-10:00am Charlene	<b>Body Blast</b> 9:30-10:15am Amanda <b>*4/5 Ashley</b>	<b>Body Combat</b> <b>*4/27 Lauren</b> <b>Body Combat</b> 8:30-9:30am Charlene
	<b>Body Blast</b> 9:30-10:15am Elena	<b>Zumba</b> 10:15-11:15am Joyce	<b>Pure Cycle</b> 9:00-9:30am Rotation	<b>Glute Camp</b> 10:00-10:45am Amy	<b>*4/19 Ashley</b> <b>TRX Boot Camp</b> 10:30-11:00am Amy	<b>*4/27 Release 98</b> <b>LM Core</b> 9:30-10:00am Charlene
	<b>TRX Boot Camp</b> 10:30-11:00am Chandi	<b>Functional Strength</b> 4:30-5:15pm Charlene	<b>Body Pump</b> 9:30-10:15am Jodi	<b>Strength Development</b> 4:45-5:30pm Rotation	<b>Fit &amp; Active</b> 10:30-11:15am Amanda	<b>*4/27 Release 53</b> <b>Zumba</b> 10:15-11:15am Joyce
	<b>Fit &amp; Active</b> 10:30-11:15am Elena	<b>Body Pump</b> 5:30-6:15pm Aly <b>*4/16 Audrey</b>	<b>TRX Boot Camp</b> 10:30-11:00am Amy	<b>Body Pump</b> 5:30-6:15pm Audrey	<b>*4/5 Ashley</b> <b>*4/19 Ashley</b> <b>Tread 30</b> 4:00-4:30pm Charlene	
	<b>Stretch &amp; Recover</b> 11:20-11:50am Elena		<b>Fit &amp; Active</b> 10:30-11:15am Ashley			
	<b>TRX Boot Camp</b> 4:00-4:30pm Chandi		<b>Stretch &amp; Recover</b> 11:20-11:50am Ashley			
	<b>GRIT Strength</b> 4:45-5:25pm Charlene <b>*4/29 Release 47</b>		<b>Pure HIIT</b> 4:45-5:25pm Jamie			
	<b>Zumba</b> 5:30-6:15pm Joyce		<b>Body Combat</b> 5:30-6:30pm Ellen			

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\*\*\* Register for all classes through our Pure Family Fitness App up to 24hrs in advance\*\*\*

\*\*\* Low class enrollments are subject to cancellation\*\*\*