



# APRIL GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGS N CORE</b> 9:30-10:15am Jess S-Studio 1	<b>BODYPUMP</b> 5:45-6:30am Lynn-Studio 1	<b>BODY BLAST</b> 5:45-6:30am Jess S- Studio 1	<b>GENTLE YOGA</b> 5:45-6:45am Nicole B-Studio 2	<b>BODY BLAST</b> 5:45-6:30am Jess S-Studio 1	<b>HIT CYCLE</b> 5:45-6:15am Kevin	<b>FIT BARRE</b> 8:15-9:15am Anastasia-Studio 2
<b>GENTLE YOGA</b> 10:30-11:30am 4/7-Britta-Studio 2 4/14-Jenee 4/21-Carol Anne 4/28-Michael	<b>Voga Barre Fusion</b> 5:45-6:45am Nicole B-Studio 2	<b>POWER YOGA</b> 5:45-6:45am Jenee-Studio 2	<b>BODYPUMP</b> 5:45-6:30am Jolene-Studio 1	<b>POWER YOGA</b> 5:45-6:45am Jenee-Studio 2	<b>BODYPUMP</b> 5:45-6:30am Donnie-Studio 1	<b>GROUP CYCLE</b> 8:15-9am 4/6-Maria 4/13-Hayley 4/20-Maria 4/27-Lynn
	<b>HIT CYCLE</b> 5:45-6:15am Kevin	<b>SENIOR BOOTCAMP</b> 9-9:45am Jake-Studio 1	<b>GROUP CYCLE</b> 9-9:45am Lynn	<b>HIT CYCLE</b> 5:45-6:15am Hayley	<b>GENTLE YOGA</b> 6-6:45am Carol Anne-Studio 2	<b>BODY COMBAT EXPRESS</b> 8:15-9am Britt S-Studio 1 *4/27-Release 98
<b>GROUP CYCLE</b> 8:15-9am Maria	<b>BODY BLAST</b> 9-10am Melanie - Studio 1	<b>FIT BARRE</b> 8:30-9:30am Karen-Studio 2 *4/30-LeeAnne	<b>HATHA YOGA</b> 9-10am Party-Studio 2	<b>BORRÉ É PILOTAS</b> 9-9:45am Karen-Studio 2	<b>PILATES</b> 9-10am Melanie-Studio 2	<b>BODYPUMP</b> 9:15-10:15am 4/6-Jolene-Studio 1
<b>CHECK US OUT ON INSTAGRAM</b> 	<b>LEGs N CORE</b> 4:30-5:15pm Jess S- Studio 1	<b>GENTLE YOGA</b> 9:30-10:30am Britta-Studio 2	<b>HATHA YOGA</b> 9-10am Melanie-Studio 1	<b>SENIOR BOOTCAMP</b> 9-9:45am Jake-Studio 1	<b>SENIOR BOOTCAMP</b> 9-9:45am LeeAnne-Studio 1	<b>CHAIR DANCE</b> 4/13-Julie 4/20-Patrick 4/27-Release 128
<b>HATHA YOGA</b> 9-10am Patty-Studio 2	<b>LEGs N CORE</b> 4:30-5:15pm Jess S- Studio 1	<b>LEGs N CORE</b> 4:30-5:15pm Jess S- Studio 1	<b>BODY BLAST</b> 9-10am *4/17 Amanda *4/24 Jess A.	<b>NO CLASS 4/4</b> 11:30-12:30pm Roma-Studio 1	<b>PILATES</b> 4:30-5:25pm Nicole A-Studio 2	<b>WARB VINVASA YOGA</b> 10:15-11:30am Patty-Studio 2
<b>CHECK US OUT ON OUR WEBSITE</b> 	<b>FIT BARRE</b> 4:30-5:25pm Nicole A-Studio 2	<b>BODYPUMP</b> 5:30-6:25pm Lynn-Studio 1	<b>PILATES</b> 4:30-5:25pm *4/18 Jess A.	<b>NO CLASS 4/4</b> 4:30-5:15pm Jess S- Studio 1	<b>STRETCH É BOBÉ</b> 5:30-6:30pm Jess S-Studio 2	<b>DANCE FITNESS</b> 10:30-11:30am 4/6-Dee 4/13-No Class 4/20-Julie 4/27-No Class
<b>GROUP CYCLE</b> 4:30-5:25pm Susannah-Studio 1	<b>PILATES</b> 5:30-6:25pm Melanie - Studio 2	<b>PILATES</b> 5:30-6:25pm Melanie - Studio 2	<b>LES MILLS CORE</b> 4:45-5:15pm Donnie	<b>FIT BARRE</b> 4:30-5:25pm Susannah-Studio 2	<b>CHAIR DANCE</b> 6:30-8:30pm *4/26 ONLY* Britt & Hannah	<b>ALL CLASSES INCLUDED IN MEMBERSHIPS</b>
<b>CHECK US OUT ON FACEBOOK</b> 	<b>BODYPUMP</b> 4:30-5:25pm Susannah-Studio 1	<b>ZUMBA</b> 5:30-6:15pm *4/16 & 4/23-LeeAnne	<b>ZUMBA</b> 5:30-6:25pm Michelle-Studio 1	<b>VOGA FLOW</b> 5:30-6:30pm Nicole B-Studio 2	<b>MUST SIGN-UP FOR CHAIR DANCE &amp; CHAIR YOGA</b>	
<b>GROUP CYCLE</b> 5:30-6:25pm Natalie	<b>GROUP CYCLE</b> 5:30-6:15pm *4/16 & 4/23-LeeAnne	<b>GROUP CYCLE</b> 5:30-6:15pm Michelle-Studio 1	<b>FIT BARRE</b> 5:30-6:25pm Nicole A-Studio 2	<b>BODYPUMP</b> 5:30-6:25pm Jolene-Studio 1		
<b>GROUP CYCLE</b> 5:30-6:25pm Aly-Studio 2	<b>FIT BARRE</b> 6:30-7:30pm Tessa-Studio 2	<b>FIT BARRE</b> 5:30-6:25pm Nicole A-Studio 2	<b>GROUP CYCLE</b> 5:30-6:25pm Nicole A-Studio 2	<b>HIP HOP</b> 6:30-7:30pm Jolene-Studio 1		
<b>GROUP CYCLE</b> 5:30-6:15pm Hayley	<b>HIP HOP</b> 6:30-7:30pm Hannah-Studio 1	<b>GROUP CYCLE</b> 5:30-6:15pm Tracy	<b>GROUP CYCLE</b> 5:30-6:15pm Tracy	<b>HIP HOP</b> 6:30-7:30pm Julie-Studio 1		
<b>PILATES</b> 6:30-7:15pm Tessa-Studio 2	<b>HIP HOP</b> 6:30-7:30pm Hannah-Studio 1	<b>GROUP CYCLE</b> 5:30-6:15pm *4/30 Rachel	<b>GROUP CYCLE</b> 5:30-6:15pm *4/30 Rachel	<b>"NO CLASS 4/4"</b>		
<b>DANCE FITNESS</b> Dee-Studio 1 6:30-7:30pm *4/15 ONLY*		<b>DANCE É TONE</b> 6:30-7:30pm Britt S-Studio 1 *4/10 & 4/24 ONLY*	<b>DANCE É TONE</b> 6:30-7:30pm Britt S-Studio 1 *4/10 & 4/24 ONLY*			
<b>BELLY DANCE</b> 6:30-7:30pm Roma 4/22 ONLY*						

## LOCATION OF STUDIOS

Studio 1-Upstairs  
Studio 2-Yoga Studio  
Cycle Studio-Upstairs

## DAILY GUEST RATES

\$12.50 WIMEMBER & \$15.00 WINO MEMBER