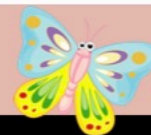


April Group Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hatha Yoga 8:00-9:00am Michael	Hatha Yoga 9:00-10:00am Michael	Yoga 8:00-9:00am Michael	Tai- Chi 8:00-8:45am Casey	Gentle Yoga 6:30-7:30am Stefanie	Gentle Yoya 8:00-9:00am Casey
	Body Blast 9:00-9:45am Kelli *4/1 Alyssa	Body Pump 9:00-10:00am Chrissy	Fit Barre 9:15-10:00am Ashley	Body Blast 9:00-10:00am Kelli NEW! *4/11 Alyssa	Yin Yoga 8:00-9:00am Stefanie	Sprint 8:15-8:45am Deena *4/6 Alyssa
	Fit Barre 10:00-10:45am Bree	Sprint 10:00-10:30am Kelli *4/2 Alyssa	Zumba 10:00-11:00am Chrissy	Gentle Yoga Flov 9:00-10:00am Casey	Fit Barre 8:30-9:30am Ashley	*4/27 Release 34 Body Combat 8:15-9:00am Natasha
	Fit-N-Actice 11:00-12:00pm Kelli *4/1 Chrissy	Zumba 10:15-11:15am Chrissy	Fit-N-Active 11:00-12:00pm Chrissy	Body Pump 5:30-6:30pm Ashley	Zumba 9:30-10:30am Ashley	*4/20 No Class Body Pump 9:00-10:00am Deena *4/6 Alyssa *4/27 Release 128
	Body Combat 5:30-6:30pm Natasha	Core Conditioning 10:35-11:05am Kelli *4/2 Alyssa	Sprint 6:00-6:30pm Alyssa *4/24 Release 98	Zumba 6:30-7:15pm Ashley	Sprint 9:30-10:00am Kelli	Zumba 10:15-11:15
	Lunar Yoga Flow 6:30-7:15pm Casey	Sprint 5:00-5:30pm Deena	Body Combat 6:35-7:20pm Alyssa		Stretch & Restore 10:30-11:00am Chrissy	Leah
	Hip Hop 6:30-7:30pm Carla *4/1 Chrissy	Body Pump 5:35-6:35pm Deena	Tai-Chi 6:30-7:15pm Casey		Fit-N-Active 11:00-12:00pm Chrissy	
		Zumba 6:30-7:30pm Ashley				



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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*****