

APRIL 2019 CLASSES



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	<p>1</p> <p><u>8:30-10AM PICKLEBALL</u> <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:30-6:30 PM VILMA</u> <u>ZUMBA! (BB Court)</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p>	<p>2</p> <p><u>11:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:00-5:30PM KIM B</u> <u>*SPIN CLASS!</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:45 WANDA</u> <u>ZUMBA!</u></p>	<p>3</p> <p><u>9:30AM-12:30 PICKLEBALL</u></p> <p><u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00-7PM WANDA</u> <u>ZUMBA STEP</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p> <p><u>7:00-8:00PM TAE KWON DO-WK 3</u></p>	<p>4</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:30PM-6:30 ALICE</u> <u>ZUMBA!</u></p>	<p>5</p> <p><u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-5:45PM KAREN</u> <u>STRONG</u></p>	<p>6</p> <p><u>9:00am-10:00 ALICE</u> <u>ZUMBA! (studio)</u></p>		
7	<p>8</p> <p><u>8:30-10AM PICKLEBALL</u> <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:30-6:30 PM ALICE</u> <u>ZUMBA! (BB Court)</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p>	<p>9</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:00-5:30PM QUENTON</u> <u>*SPIN CLASS!</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:45 WANDA</u> <u>ZUMBA!</u></p>	<p>10</p> <p><u>9:30AM-12:30 PICKLEBALL</u></p> <p><u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-6:00 PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00-7PM WANDA</u> <u>ZUMBA STEP</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p> <p><u>7:00-8:00PM TAE KWON DO-WK 4</u></p>	<p>11</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:30PM-6:30 ALICE</u> <u>ZUMBA!</u></p>	<p>12</p> <p><u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-5:45PM KAREN</u> <u>STRONG</u></p>	<p>13</p> <p><u>9:00am-10:00 ALICE</u> <u>ZUMBA! (studio)</u></p>		
14	<p>15</p> <p><u>8:30-10AM PICKLEBALL</u> <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:30-6:30 PM ALICE</u> <u>ZUMBA! (BB Court)</u></p> <p><u>5:00-6:00 PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p>	<p>16</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:00-5:30PM QUENTON</u> <u>*SPIN CLASS!</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:45 WANDA</u> <u>ZUMBA!</u></p>	<p>17</p> <p><u>9:30AM-12:30 PICKLEBALL</u></p> <p><u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00-7PM WANDA</u> <u>ZUMBA STEP</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p> <p><u>7:00-8:00PM TAE KWON DO-WK 5</u></p>	<p>18</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:30PM-6:30 VILMA</u> <u>ZUMBA!</u></p>	<p>19</p> <p><u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-5:45PM KAREN</u> <u>STRONG</u></p>	<p>20</p> <p><u>9:00am-10:00 ALICE</u> <u>ZUMBA! (studio)</u></p>		
21 Closed for Easter	<p>22</p> <p><u>8:30-10AM PICKLEBALL</u> <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:30-6:30 PM ALICE</u> <u>ZUMBA! (BB Court)</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p>	<p>23</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:00-5:30PM QUENTON</u> <u>*SPIN CLASS!</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:45 WANDA</u> <u>ZUMBA!</u></p>	<p>24</p> <p><u>9:30AM-12:30 PICKLEBALL</u></p> <p><u>10:30-11:30AM DORIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00-7PM WANDA</u> <u>ZUMBA STEP</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p> <p><u>7:00-8:00PM TAE KWON DO-WK 6</u></p>	<p>25</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:30PM-6:30 ALICE</u> <u>ZUMBA!</u></p>	<p>26</p> <p><u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:00-5:45PM KAREN</u> <u>STRONG</u></p>	<p>27</p> <p><u>9:00am-10:00 VILMA</u> <u>ZUMBA! (studio)</u></p>		
28	<p>29</p> <p><u>8:30-10AM PICKLEBALL</u> <u>10:30-11:30AM VICKIE</u> <u>STRETCH & STRENGTH</u></p> <p><u>5:30-6:30 PM ALICE</u> <u>ZUMBA! (BB Court)</u></p> <p><u>5:00-6:00PM KAREN</u> <u>STRONG</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:30 CLAIRE</u> <u>POWER ABS</u></p> <p><u>6:30PM-7:30 CLAIRE</u> <u>CIRCUIT TRAINING</u></p>	<p>30</p> <p><u>10:30AM-11:30 DORIE</u> <u>CHAIR YOGA!</u></p> <p><u>5:00-5:30PM QUENTON</u> <u>*SPIN CLASS!</u></p> <p><u>5:30-6:30PM JOJO</u> <u>STRETCH & STRENGTH</u></p> <p><u>6:00PM-6:45 WANDA</u> <u>ZUMBA!</u></p>	<p>-Please do not join a class after it has started! Proper warm up and cool down is essential for safe exercising! -Arrive at STRONG class 5 minutes early to allow for set up! -Photography or videography of any person other than yourself is strictly prohibited without their expressed or written permission! -Should you need to talk on your phone, please use the lobby. Talking on a phone is not allowed in the Fitness Area or Locker Rooms. Phones should be on silent. Music on a phone cannot be on speaker mode, please use headphones.</p> <p>* SPIN CLASS SIGN UP BEGINS 24 HOURS BEFORE CLASS-CALL 443-0500. Bikes will not be held for late arrivals.</p>					

