


Group Fitness Schedule April 2018

AEROBIC STUDIO

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a	POWER BY PAM (7:15am) 40 min		POWER BY PAM (7:15am) 40 min		POWER BY PAM (7:15am) 40 min	April 7th STRONG <small>BY ZUMBA™</small> 8:45am-9:45am PIYO 9:45am-10:45am Remelyn
					BOSU-BALANCE Debbie (45 min)	
8:30a	RIPPED Tajuana(45 min)	YOGA Linda (1hr)	H.A.B.I.T Debbie (40 min)	CARDIO KICK Tajuana (45 min)	PILATES BARRE FUSION @8:50am Debbie (35 min)	April 14th Group Cycle 8:45am-9:15am RIPPED 9:20am-10:00am Bridgett
9:15a	ZUMBA <small>FINEST</small> Remelyn (1hr)	PURE STRENGTH @ 9:35 Debbie (40 min)	ZUMBA <small>FINEST</small> Tajuana (1hr)	ZUMBA <small>FINEST</small> Remelyn (1hr)	YOGA @9:30am Debbie (45 min)	
10:15a		PILATES BARRE FUSION Debbie (45 min)				
10:30a	TRX Caroline (30 min)		TRX Caroline (30 min)	TABATA BOOT CAMP Tajuana (1 hour)	TRX Caroline (30 min)	April 21st INSANITY 8:45am-9:30am Melissa
11:15a		Gentle Yoga Mel (1 hr)				
12:15p			Vinyasa Flow Mel (45 min)			April 28th H.A.B.I.T. 8:45am-9:15am Yoga 9:20am-10:00am
4:30p		INSANITY (45 min) Melissa				
5:00p			TABATA BOOT CAMP (5:15pm) Pam (45 min)			
5:30p	STRONG <small>BY ZUMBA™</small> Remelyn (1hr)	RIPPED Tajuana (45 min@5:45pm)		INSANITY (45 min) Melissa	*Classes in yellow are new this month	
6:15p		ZUMBA <small>FINEST</small> Tajuana (45 min@6:30pm)	YOGA (6:00pm) Linda (1hr)		*Classes in red in danger of being cut due to low participation	

FELLOWSHIP HALL (FH) / MULTI-PURPOSE ROOM (MPR)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a	Sliver Sneakers Maxine (FH) 45 min		Sliver Sneakers Mel (FH) 1 hour	Line Dance Maxine (90 min) (FH)	Sliver Sneakers Linda (FH) 45 min
10:15a	Chair Yoga Linda 10:30am (MPR)				Zumba Gold@10:30am Mel(FH)
10:30a	Line Dance Maxine (FH) 1 hour		Gentle Yoga Mel(FH) (1hr)	Chair Yoga Linda (45 min) (FH)	Yoga Linda (45 min) (MPR)

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GROUP CYCLE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15a	Group Cycle Charlie (45 min)	Beginner Cycle Maxine (45 min) @ 9:30am	Group Cycle Lauren (45 min)		Group Cycle Mel (45 min)
10:00a					Yoga for Cyclists Mel (30 min)
12:15p	Group Cycle Mel (35 min)	Group Cycle Mel (35 min)		Group Cycle Lauren (35 min)	
4:30p	Group Cycle Charlie (45 min)		Group Cycle Pam (40 min)		
5:30p	Group Cycle Bridgett (45 min)	Group Cycle Pam 6:00p (45 min)		Group Cycle Bridgett (45 min)	Group Cycle Lauren (45 min)

AQUATICS CLASSES(AC)/ TRACK & FIELD

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a		Water Fitness Maxine (45 min)		Water Fitness Maxine (45 min)	Hydro HIIT Mel (@8:15am (45 min)
9:15a	Hydro HIIT Mel (45min)	Aqua Power Remelyn (45 min)	Aqua Balance & Cardio Debbie@9:20 (45 min)	Aqua Power Charlie (45 min)	
10:15a	Aqua Zumba Remelyn				

YOUTH CLASSES

<p>TUESDAY YOUTH FITNESS 4:00-4:30p (4-7 yrs.) 4:30-5:00p (8-12 yrs.) STAFF</p>
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<p>THURSDAY YOUTH ATHLETICS 4:00-4:30p (4-7 yrs.) 4:30-5:00p (8-12 yrs.) STAFF</p>
