


# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 	<b>2</b> 9:30am Zumba® – Beth 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Christine 6:30pm Step—Melani	<b>3</b> 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer - Amy	<b>4</b> 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Elizabeth	<b>5</b> 7:30am Zumba® – Marcie 9:00am Yoga - Nancy 6:00pm Unbeliev-a-Ball – Tracy	<b>6</b> 8:30am Yoga—Tammy 9:30am Zumba® - April	<b>7</b> 9:00am Zumba® - April 10:00am Muscle Pump – April
<b>8</b>	<b>9</b> 9:30am Zumba® – Beth 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm SPORT—Katrina	<b>10</b> 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump—Katrina	<b>11</b> 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Michele	<b>12</b> 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy	<b>13</b> 8:30am Yoga—Kim 9:30am Zumba® - April	<b>14</b> 9:00am Zumba® - April 10:00am Muscle Pump – April
<b>15</b>	<b>16</b> 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm Tabata—Katrina	<b>17</b> 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer - Melani	<b>18</b> 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Christine	<b>19</b> 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy	<b>20</b> 8:30am Yoga—Kim 9:30am Zumba® - April	<b>21</b> 9:00am Zumba® - April 10:00am Muscle Pump – April
<b>22</b>	<b>23</b> 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm Sport—Katrina	<b>24</b> 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump—Katrina	<b>25</b> 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Michele	<b>26</b> 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy	<b>27</b> 8:30am Yoga—Kim 9:30am Zumba® - April	<b>28</b> 9:00am Zumba® - April 10:00am Muscle Pump – April
<b>29</b>	<b>30</b> 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm 3-2-1—Katrina					<b>Staffed Hours:</b> Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm