





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm</p>					<p>1 8:30am Yoga—Kim 9:30am Zumba® April</p>	<p>2 9:00am Zumba® Marcie 10:00am Muscle Pump Amy</p>
<p>3</p>	<p>4 8:30am Cardio/ Strength Combo Courtney 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm Power Step Katrina</p>	<p>5 7:30am Zumba® Marcie 9:00am Yoga - Tammy 4:15pm Cardio Conditioning - Courtney 6:30pm Muscle Pump Melani</p>	<p>6 8:30am Cardio/ Strength Combo Courtney 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Michele</p>	<p>7 7:30am Zumba® Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a- Ball—Tracy</p>	<p>8 8:30am Yoga—Kim 9:30am Cardio/ Strength Combo Courtney 6:30pm Zumba® Marcie</p>	<p>9 9:15am POUND® Amy 10:00am Muscle Pump Tracy</p>
<p>10</p> 	<p>11 8:30am Cardio/ Strength Combo Courtney 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm POUND® Amy</p>	<p>12 7:30am Zumba® Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer Katrina</p>	<p>13 8:30am Cardio/ Strength Combo Courtney's DVD Sub 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Michele</p>	<p>14  7:30am Zumba® Marcie 9:00am Yoga - Kim No Evening Classes</p>	<p>15 8:30am Yoga—Kim 9:30am Zumba® April 6:30pm—8:20 pm Zumbatines Day - 30 Song Workout Marcie</p>	<p>16 9:00 Cardio Kickbox- ing—Amy 10:00am Muscle Pump Amy</p>
<p>17</p>	<p>18 8:30am Cardio/ Strength Combo Courtney's DVD Sub 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm Step - Melani</p>	<p>19 7:30am Zumba® Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump Amy</p>	<p>20 8:30am Cardio/ Strength Combo Courtney 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Michele</p>	<p>21 7:30am Zumba® Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a- Ball—Tracy</p>	<p>22 8:30am Yoga—Kim 9:30am Cardio/ Strength Combo Courtney</p>	<p>23 9:15am POUND® Amy 10:00am Muscle Pump Tracy</p>
<p>24</p>	<p>25 8:30am Cardio/ Strength Combo Courtney 4:15pm Body Defined Nancy 5:15pm Vinyasa Yoga Kim 6:30pm SPORT Katrina</p>	<p>26 7:30am Zumba® Marcie 9:00am Yoga - Tammy 4:15pm POUND® Amy 6:30pm Muscle Mixer Melani</p>	<p>27 8:30am Cardio/ Strength Combo Courtney 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Elizabeth</p>	<p>28 7:30am Zumba® Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a- Ball—Tracy 6:45pm POUND® Amy</p>		