

APRIL 2018

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| MONDAY | 6:00am-6:55am | Early Bird Burn | Tassie | Studio 1 |
| | 6:00am-6:55am | Cycle | Donna | Cycle Studio |
| | 8:00am-8:50am | Sculpt/Stretch | Mesha | Studio 1 |
| | 9:10am-10:05am | Chisel | Tassie | Studio 1 |
| | 9:15am-10:10am | Cycle | Mindy | Cycle Studio |
| | 9:30am-10:25am | Core Combo | Gina P. | Studio 2 |
| Aqua | 10:00am-11:00am | H2O Fitness | Sara C. | Pool |
| | 10:15am-11:10am | Zumba® | Jae | Studio 1 |
| | 11:15am-12:10pm | Tai Chi - "Chen Style" | Florin | Studio 1 |
| | 12:30pm-1:25pm | Moving Right Along II | Kathy | Studio 1 |
| | 5:15pm-6:10pm | Posture Perfect | Beth | Studio 2 |
| Aqua | 6:00pm-7:00pm | Masters Swim | | Pool |
| | 6:15pm-7:10pm | Posture Perfect | Beth | Studio 2 |
| | 6:15pm-7:10pm | Strength Training | Sara | Studio 1 |
| | 7:15pm-8:20pm | Yoga II | Sondra | Studio 2 |
| TUESDAY | 6:30am-7:25am | Total Body Sculpt I | Bob | Studio 1 |
| | 8:00am-8:55am | Total Body Sculpt II | Dana | Studio 1 |
| | 8:00am-8:55am | RIPPED© | Frances | Studio 2 |
| | 9:00am-9:55am | Postural Stretch | Beth | Studio 2 |
| | 9:10am-10:05am | Step Plus | Dana | Studio 1 |
| Aqua | 10:00am-11:00am | Combo II/III | Sara C. | Pool |
| | 10:15am-11:10am | Total Sculpt & Stretch | Kathy | Studio 1 |
| | 10:20am-11:30am | Yoga II | Gina M. | Studio 2 |
| | 11:15am-12:00pm | Moving Right Along I | Adrian | Studio 1 |
| | 6:15pm-7:10pm | Total Body Conditioning | Danielle | Studio 1 |
| Aqua | 6:30pm-7:30pm | Aqua Combo | Sara C. | Pool |
| WEDNESDAY | 6:00am-6:55am | Early Bird Burn | Tassie | Studio 1 |
| | 6:00am-6:55am | Cycle | Maureen | Cycle Studio |
| | 8:00am-8:55am | Retro Cardio | Beth | Studio 1 |
| | 9:05am-10:15am | Yoga II | Lisa | Studio 2 |
| | 9:10am-10:05am | Posture Perfect | Beth | Studio 1 |
| | 9:15am-10:10am | Cycle | Mindy | Cycle Studio |
| | 9:30am-10:20am | Treadmill Trekking | Tassie | Cardio Deck |
| Aqua | 10:00am-11:00am | Combo II/III | Maureen | Pool |
| | 11:30am-12:30pm | Tai Chi - Beginner | Florin | Studio 1 |
| | 12:40pm-1:30pm | Quickie Mat Pilates | Adrian | Studio 1 |
| | 6:15pm-7:10pm | Posture Perfect | Beth | Studio 1 |
| | 7:15pm-8:25pm | Yoga I | Natalie | Studio 1 |

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| THURSDAY | 6:30am-7:45am | Total Body Sculpt I | Gina P. | Studio 1 |
| | 8:00am-8:55am | Total Body Sculpt II | Dana | Studio 1 |
| | 9:10am-10:05am | Kickboxing | Katy | Studio 1 |
| Aqua | 10:00am-11:00am | H2O Fitness | Barbara | Pool |
| | 10:15am-11:10am | Total Body Sculpt I | Sara | Studio 1 |
| | 10:30am-11:40am | Yoga I & II | Natalie | Studio 2 |
| | 11:15am-12:00pm | Moving Right Along I | Adrian | Studio 1 |
| | 1:00pm-1:55pm | Gentle Yoga | Maureen | Studio 1 |
| Aqua | 6:00pm-7:00pm | Masters Swim | | Pool |
| | 6:15pm-7:10pm | HITT | Abe | Studio 2 |
| FRIDAY | 6:00am-6:55am | Early Bird Burn | Tassie | Studio 1 |
| | 6:00am-6:55am | Cycle | Renae | Cycle Studio |
| | 7:00am-7:55am | Cardio Plus | Bob | Studio 1 |
| | 8:00am-8:55am | Retro Cardio | Beth | Studio 1 |
| | 8:00am-8:55am | Cycle | Mindy | Cycle Studio |
| | 9:10am-10:05am | Chisel | Chris | Studio 1 |
| | 9:10am-10:05am | Connective Stretch | Beth | Studio 2 |
| AQUA | 10:00am-11:00am | H2O Fitness | Jean | Pool |
| | 10:15am-11:15am | ReFit® (Zumba) | Jae | Studio 2 |
| | 10:15am-11:10am | Posture Perfect | Beth | Studio 1 |
| | 11:15am-12:10pm | Tai Chi - "Chen Style" | Florin | Studio 1 |
| | 12:30pm-1:25pm | Moving Right Along II | Kathy S. | Studio 1 |
| SATURDAY | 8:30am-9:25am | Retro Cardio | Beth | Studio 1 |
| | 8:30am-9:40am | Yoga I | Tanya | Studio 2 |
| | 8:40am-9:35am | Cycle | ROTATION | Cycle Studio |
| | 9:45am-10:55am | Yoga II | Beth | Studio 2 |
| | 9:45am-10:40am | Zumba® | Karen D. | Studio 1 |
| | 10:50am-11:45am | Total Body Conditioning | Danielle | Studio 1 |
| Saturday Rotations | | | | |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
| Maureen - Cycle | Lindsay - Cycle | Katina - Cycle | Lynda - Cycle | |