

# APRIL Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>STRENGTH</b> 6-7am		<b>STRENGTH</b> 6-7am		
<b>EASY DOES IT</b> 9-10AM TAICHI 	<b>EASY DOES IT</b> 9-10AM FIT PARTY 	 <b>TOTAL BODY</b> 9:30-10:30am	<b>EASY DOES IT</b> 9-10AM STRENGTH 	<b>INTERVAL</b> 9:30-10:30am	
 <b>STEP/SCULPT</b> 9:30-10:30am	<b>BALL</b> 10-10:30AM	Restorative <b>YOGA</b> 10-10:45am	<b>BALL</b> 10-10:30AM 		
<b>EASY DOES IT</b> HII-LO 10:35-11:35am	<b>EASY DOES IT</b> CHAIR/MAT 10:35-11:35am	<b>EASY DOES IT</b> STRENGTH 10:35-11:35am	<b>EASY DOES IT</b> ROTATION 10:35-11:35am	<b>EASY DOES IT</b> TAI CHI 10:35-11:35am 	
CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm		
 <b>INTERVAL</b> 5:30-6:30pm	 <b>SPIN</b> 5:30-6:15pm	 <b>SUPER STEP</b> 5:30-6:30pm	<b>INSTRUCTORS CHOICE</b> 5:30-6:30pm		
<b>YOGA</b> 6-7pm 	<b>YOGA</b> 6-7pm 	 <b>CORE</b> 6:30-7pm 	<i>Yogalates</i> 6:15-7pm 		
<b>WERQ</b> 6:30-7:30pm	<b>ZUMBA</b> 6:30-7:30pm	<b>SPIN</b> 6:45-7:30	<b>WERQ</b> 6:30-7:30pm	<b>LINE DANCE</b> 6:30-7:30PM 	
	<b>PILATES</b> 7-8pm 	<b>PIYO</b> 7-8PM	<b>AB's &amp; Glutes</b> 7-7:30pm		
<b>BARRE</b> 7:30-8:15pm 		<b>ZUMBA</b> 7:30-8:30pm			<b>FEES ON BACK</b>