



MODIFIED fitness Schedule

April 22-April 27, 2019

Revised 3/7

Sun 4/21	Mon 4/22	Tues 4/23	Wed 4/24	Thurs 4/25	Fri 4/26	Sat 4/27
<p>Happy Easter Closed</p> 	<p>5:30am Spin / Val</p> <p>9:30am Bootcamp / Debi</p> <p>9:30am Pilates / Diane</p> <p>11:30 Zumba Gold / Danit</p> <p>4:30-5:30pm Zumba / Veronica</p> <p>6:30pm Tabata / Stefanie</p> <p>7:30pm Pilates / Diane</p>	<p>8:00am Yoga/ Anjali</p> <p>9:30am Total Body / Lisa</p> <p>10:30am Chair Yoga / Melissa</p> <p>11:30am Cardio Lite / Janice</p> <p>7:00pm Spin / Debbie</p> <p>6:30pm Total Body/ Tracy F</p> <p>8:30pm Zumba / Mona</p>	<p>5:30am Spin / Val</p> <p>9:30am Bootcamp/ Debi</p> <p>10:30am Core Fusion / Diane</p> <p>11:30am Zumba / Veronica</p> <p>4:30-5:30pm Zumba / Veronica</p> <p>6:30pm Yoga / Anjali</p> <p>7:30pm Zumba / Lisa C</p>	<p>8:00am Yoga/ Leah</p> <p>9:30am Insanity / Lisa</p> <p>10:30am Chair Pilates / Diane</p> <p>11:30am Forever Fitness / Nona</p> <p>6:30pm Total Body / Stefanie</p> <p>8:30pm Zumba / Pauline</p>	<p>5:30am Spin / Val</p> <p>9:30am Total Body /Val</p> <p>10:30am Zumba Toning Gold / Tracy S</p> <p>11:30 Yoga / Anjali</p>	<p>7:30am Spin/ Elisa</p> <p>8:30am Total Body / Elisa</p> <p>9:30am Insanity / Tracy</p> <p>11:00am Zumba / Lisa C</p>

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