



April

Saturday Class Lineup



April 7th

- 8- Cycling- Traci
- 9- *GRIT launch (strength)*
- 9- Water Fit- Ester
- 10:15- Yoga- Ali

April 21st

- 8 – Cycling – Jamilia
- 9- PiYo Live- Marilyn
- 9 – Water Fit – Monica
- 10:15- Yoga –Marilyn

April 14th

- 7-STEP – Robin
- 8 – Cycling-Mayra
- 9- Zumba- Jin
- 9- Water Fit- Kellie
- 10:15- Yoga- Tracy

Santa Maria Fitness Series
Race 5k /10k at the Y today!

April 28th

- 8- Cycling- Brittany
- 9- Total Body Conditioning - Jenna
- 9- Water Fit- Sally
- 10:15- Yoga- Jennifer Martin

