

APRIL SCHEDULE

SCHEDULE SUBJECT TO CHANGE. Appointments are not necessary to attend fitness classes. All aquatic programs and lap swim require appointments. ***Kids Corner Childcare Available**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am		BODYPUMP 45 mins (Michele)		BODYPUMP 45 mins (Michele)		
7:30am		30 Min. FlexFlow Stretch (Michele)		30 Minute Stretch (Michele)		
8:00am						*Dealer's Choice
8:00am			*BarreFusion (Kilee)			*Cycling (Variety)
8:15am	*Cycling (Cynthia)		*Cycling (Amanda/Monica)	*POWER 30 - 30 mins Jannah	*Cycling (Cynthia)	
9:00am	*Pickleball Open Play 9-11am	*Pickleball Open Play 9-11am	*Pickleball Workshop (Joe & Lisa)	*Pickleball Open Play 9-11am		
9:00am	*BODYPUMP (Kirsten)	*SOULfusion (Allison)	*Power Sculpt (Jenn)	*SOULfusion (Allison)	*Zumba (Jin)	*Dealer's Choice
9:00am		*Cycling (Mary)		*Cycling (Mary)		
10:00am	*BarreFusion (Kilee)	*Mat Pilates (Bobbie)		*Mat Pilates (Mia/Kirsten)	*Mat Pilates (Bobbie)	
10:30am			*Yoga (Ester)			*Yoga (Variety)
11:00am	*Yoga (Ester)	*Strength & Balance (Sally)		*Strength & Balance (Sally)	*Yoga (Ester)	
4:30pm	*Zumba (Donna)	*Zumba (Irene)	*SOULstrength (Allison)	*Zumba (Kristin)		
5:30pm	*SOULfusion (Ciera)	*BODYPUMP (Jen)	*Zumba (Lindsay)	*BODYPUMP (Jin)		
5:30pm	*Cycling (Jannah/Jen)	*Cycling (Mary)	*Cycling (Gina)	*Cycling (Jannah)		
6:30pm	Body Combat 45 mins (Jin/Karin)		*BODYPUMP (Teresa)			
6:45pm		Yoga (Katlin)		Yoga (Nicole)		