



# Fitness Class Schedule

## APRIL 2011

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates Class Will Be In The Big Gym This Month.				<b>1</b> 9:00- 10:00am Yoga - Kallie	<b>2</b> 8:00-9:00am Boot Camp- Holly
<b>3</b>	<b>4</b> 8:30-9:30am Yoga - Sharon 6:00-7:00pm Kickbox & Tone-Melissa	<b>5</b> 9-10:00am Cardio Blast- Holly 10:15 Pilates- Ann	<b>6</b> 9:05-10:00am Station interval -Melissa 6:00-7:00pm Cardio&Ab Blast- Suzi	<b>7</b> 9:00-10:00am Core & More- Alyce	<b>8</b> 9:00- 10:00am Yoga - Kallie	<b>9</b>
<b>10</b>	<b>11</b> 8:30-9:30am Yoga - Sharon 6:00-7:00pm Interval & Strength- Kendra	<b>12</b> 9-10:00am BP - Holly 10:15 Pilates- Ann	<b>13</b> 9:05-10:00am Medicine Ball -Melissa 6:00-7:00pm Cardio&Ab Blast- Suzi	<b>14</b> 9:00 -10:00am Chisel- Alyce	<b>15</b> 9:00- 10:00am Yoga - Kallie	<b>16</b> 8:00-9:00am Boot Camp- Melissa
<b>17</b>	<b>18</b> 8:30-9:30am Yoga - Sharon 6:00-7:00pm Kickbox & Tone - Suzi	<b>19</b> 9-10:00am Cardio Blast - Holly 10:15 Pilates- Ann	<b>20</b> 9:05-10:00am Staion intervals -Melissa 6:00-7:00pm Core & More- Holly	<b>21</b> 9:00-10:00am Core & More- Alyce	<b>22</b> 9:00- 10:00am Yoga - Kallie	<b>23</b> Easter Weekend
<b>24</b>	<b>25</b> 8:30-9:30am Yoga - Sharon 6:00-7:00pm Interval & Strength-Priscilla	<b>26</b> 9-10:00am BP - Holly 10:15 Pilates- Ann	<b>27</b> 9:05-10:00am Cardio Kickboxing-Suzi 6:00-7:00pm Interval & Strength-Kendra	<b>28</b> 9:00-10:00am Chisel- Alyce	<b>29</b> 9:00- 10:00am Yoga - Kallie	<b>30</b> 8:00-9:00am Boot Camp- Holly