

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A		 Spin Sonia		 Spin Sonia		
9:AM	Tabata Water Aerobic Tonya	Aqua Zumba Yinet	Advanced Water Aerobics Tonya	Aqua Zumba Yinet	Tabata Water Aerobic Erin	4/6 10am Resistance Bands Tonya
9:AM	Pilates Katia	Christian YOGA Angela	Pilates Katia	Christian YOGA Angela	Pilates Katia	
10AM	Dance Fitness Lois		Dance Fitness Lois		Dance Fitness Lois	4/13 10am Aqua Zumba Yinet
10:15A	Advanced Water Aerobics Tonya	Water Tone Abs Tonya	Water Aerobic Tonya	Resistance Bands Tonya	Water Tone Abs Shawn	
	 10:30AM Shawn	Senior Fit Shawn 10:15A	 10:30AM Shawn	Senior Fit Shawn 10:15A	 9:15A Shawn	4/20 10am Senior Swim Shawn
11:30A	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	
2:15P	Senior Fit Shawn	Group Orientation 1PM Brian	Senior Fit Shawn		Senior Fit Shawn	4/27 9:30am Dance Fitness Lois
4:30P	Body Sculpt Shawn			Body Sculpt Shawn	Body Sculpt Shawn	
5:30P	Water Aerobics Shawn ----- Kids Fit  5:30-6:30 Erin	Water Aerobics Tonya ----- Kids Fit  5:30-6:30 Erin	 Spin Shirley 5:15 ----- Body Sculpt Shawn 5:15	Kids Fit  5:30-6:30 Erin		
6PM	Pilates Katia	CRUNK CARDIO Aleta		NEW Advanced Dance Fitness SANDY		

***** APRIL 2024 *****