

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A		 Spin Sonia		 Spin Sonia		
9:15AM	Pilates Katia 8:45A	Resistance Bands w/Shawn	Pilates Katia 8:45A	Resistance Bands w/Shawn	Pilates Katia 8:45A	4/4 10am Senior Swim Shawn
9:45A	Dance Fitness Lois		Dance Fitness Lois		Dance Fitness Lois	
10:15A	Advanced Water w/Shawn		Water Aerobics w/Shawn		Water Tone Abs Shawn 10AM	4/11 9:30 Pilates Katia
	 11:00A Shawn	Senior Fit Shawn 10:15A	 11:00A Shawn	Senior Fit Shawn 10:15A	 11:00A Shawn	
11:30A	Senior Swim 12PM Shawn	Senior Swim Shawn	Senior Swim 12PM Shawn	Senior Swim Shawn	Senior Swim Shawn 12PM	4/18 9:30 Dance Fitness Lois
2:15P	Senior Fit Shawn	Group Orientation 1PM	Senior Fit Shawn		Senior Fit Shawn	
4:30P	Body Sculpt Shawn			Body Sculpt Shawn	Body Sculpt Shawn	
5:30P	Group Orientation 5PM <hr/> Water Shawn		 Spin Shirley 5:15 ----- Body Sculpt Shawn 5:15			4/25 10am Advanced Water Shawn
6PM	Pilates Katia					

\*\*\*\* APRIL-2026 \*\*\*