


APRIL 2025 - GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
	5:15- Full Body Strength- Angela 8:15- Cardio Xpress 30- Shayla 9:15-Silversneakers- Linda 10:15-PWR4LIFE- Linda 4:30- Boxcercise- Carol 5:30- Line Dance- Carol	5:15-Balance + Mobility- Angela 8:15- Build- Full Body- Addison 9:15-Silver Strong- Bri 10:30-PWR4Life- Leigh 4:30- Line Dance- Carol 5:30- Spin 45- Liz	5:15- Barre- Carol 8:15- Spin & Strength- Carol 9:15- Balance- Bri 10:15- PWR4Life - Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Recovery- Tessa 8:15- Mixed Circuit- Angela 9:15-Silversneakers- Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45- Liz	8:30 Spin 30- Liz 9:00 Pumped 30- Liz
7	8	9	10	11	12
5:15- Cardio + Core- Tessa 8:15- Barre - Bri 9:15- Chair Yoga- Brittany 10:15- PWR4LIFE- Brittany 4:30- Express Circuit - Staff 5:30-Pumped- Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Angela 8:15- Cardio Xpress 30- Shayla 9:15-Silversneakers- Linda 10:15-PWR4LIFE- Linda 4:30- Boxcercise- Carol 5:30- Line Dance- Carol	5:15-Balance + Mobility- Angela 8:15- Build- Full Body- Addison 9:15-Silver Strong- Bri 10:30-PWR4Life- Leigh 4:30- Line Dance- Carol 5:30- Spin 45- Liz	5:15- Barre- Carol 8:15- Pilates- Shayla 9:15- Balance- Bri 10:15- PWR4Life - Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Recovery- Tessa 8:15- Mixed Circuit- Angela 9:15-Silversneakers- Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45- Liz	8:30 Spin 30- Liz 9:00 Pumped 30- Liz
14	15	16	17	18	19
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21	22	23	24	25	26
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28	29	30			
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