

APRIL GROUP FITNESS

MONDAY		
9:00 - 10:00	DANCE	Tara
10:00 - 10:30	All Level AEROBICS	Tara
10:30 - 11:00	ACTIVE Flow Yoga	Tara
11:00 - 11:30	SLOW flow Yoga	Tara
11:40 - 12:10	Stabiilty	Bayley
12:10 - 1:00	Chair Yoga	Bayley
4:45 - 5:15	Just CORE!	Page
5:15 - 6:15	Kick - HIIT	Amy

TUESDAY		
9:00 - 9:30	Step & Kick	Tara
9:30 - 10:00	TABATA Cardio	Tara
10:00 - 11:00	Zumba Gold	Danise
11:00-12:00	Intro to Yoga	Bayley
12:00 - 1:00	Chair Volleyball	
1:10 - 2:00	Silver Sneakers	Bayley
5:00 - 6:00	Dance & Tone Cross Party	Alicia
6:00 - 6:30	DeStress Yoga	Rebe

WEDNESDAY		
8:00 - 9:00	TABATA	Tara
9:00 - 10:00	Zumba	Danise
10:00 - 10:30	Confusion	Jaime
10:30 - 11:00	Centered	Jaime
11:00 - 12:00	Traditional Yoga	Jaime
12:10 - 12:50	Strength and Movement	Missy
5:00- 5:45	Cardio Blast	Page
5:45 - 6:30	Yoga - Stability & Balance	Rebe

THURSDAY		
8:00 - 8:30	Wake Up Yoga	Tara
8:30 - 9:00	Coralates	Tara
9:00 - 10:00	Cardio/Weight Intervals	Tara
10:00 - 11:00	Strength Worx	Bayley
11:10 - 11:50	Easy Tai Chi	Bayley
12:00 - 1:00	Chair Volleyball	
1:10 - 2:00	Silver Sneakers	Barbara
5:15 - 6:15	Zumba	Tanya

FRIDAY		
8:00 - 9:00	P-POW	Alicia
9:00 - 10:00	Dance & Tone Cross Party	Alicia
10:00 - 11:00	Yoga - Relax and Restore	Tara
11:40 - 12:10	Stability	Bayley
12:10 - 12:50	Strength and Movement	Bayley
1:00 - 2:00	Chair Volleyball	

SATURDAY		
9:00 - 10:00	Warrior Cardio	Lisa
10:00 - 11:00	Piloxing	Bayley
11:00 - 12:00	"Weighted" Yoga	Susan

Modifications shown in all classes.

Classes are taken in a chair

Childcare available 9:00 - 12:00 and 4:00 - 6:30