



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE STUDIO A

**APRIL 3 - 30**

Please note: Instructor schedule is subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	<b>Body Step</b> 45 minutes Melcus Sarah 10	<b>Power Sculpt</b> 45 minutes Beth Deidre 18	<b>Body Step</b> 45 minutes Melcus <b>FUSION ONLY 12</b>	<b>Body Pump</b> 45 minutes Sarah <b>SCULPT</b> Deidre 20			
8:30 am	<b>Fusion</b> <b>CYCLE STUDIO &amp; STUDIO A</b> 1 hour Bailey 3, 24 Janni 10, 17	<b>Cycle</b> <b>CYCLE STUDIO</b> 45 minutes Steph Taylor 18	<b>Fusion Express</b> <b>CYCLE STUDIO &amp; STUDIO A</b> 45 minutes Janni	<b>Power Sculpt</b> 45 minutes <b>8:45-9:30</b> Angela B.	<b>Cross Train</b> 45 minutes <b>9:00-9:45</b> Deidre 7 Angela B.	<b>Weekend Warrior</b> 1 hour Taylor	
9:30 am	<b>Pilates Mix</b> 1 hour Janni	<b>Body Pump</b> 1 hour Lisa <b>SCULPT</b> Taylor 18	<b>Barre</b> <b>STUDIOS A &amp; B</b> <b>9:15-10:15</b> Janni	<b>Cross Train</b> <b>RUSH</b> 30 minutes Angela B. 6, 20 Bailey 13, 27		<b>Body Pump</b> 1 hour Melissa Cheryl 15	
10:30 am	<b>Moderate Fit</b> <b>10:30-11:30</b> Nancy 3 Taylor 17 Grace 24 <b>INTERVALS</b> Melissa 10 <b>Stretch It!</b> <b>11:30-11:45</b>	<b>Zumba</b> <b>10:35-11:35</b> Wynne 4 Corinne	<b>Moderate Fit</b> 1 hour Nancy 5 Grace	<b>Zumba</b> 1 hour <b>NEW CLASS!</b> Wynne Corinne 20	<b>Moderate Fit</b> <b>10:30-11:30</b> Wynne 7 Grace 14 Karen 21 Nancy 28 <b>Stretch It!</b> <b>11:30-11:45</b>	<b>Body Flow</b> 1 hour Meg 8 Janni	<b>Body Pump</b> <b>1:15-2:15</b> Ginger 9 Carole 23 Melissa 30  <b>CLOSED 16</b>
12:15 pm		<b>Body Pump</b> 45 minutes Lisa 4 Melissa 11 Bobby 18, 25		<b>Body Pump</b> 45 minutes Lisa Bobby 20			<b>Body Step</b> 45 minutes <b>2:15-3:00</b> Melcus 9, 30 Melissa 23 <b>CLOSED 16</b>
4:30 pm	<b>Cross Train</b> <b>RUSH</b> Karen L. Charlie 10	<b>Body Pump</b> 1 hour Ginger 11 Susan	<b>Cross Train</b> <b>RUSH</b> 30 minutes Ginger Karen L. 12	<b>Body Pump</b> 45 minutes Charlie 6, 20 Cheryl 13 Ginger 27	<b>Body Pump</b> 1 hour Sarah 7, 28 Bobby 14 Ginger 21		<b>Yoga</b> 1 hour Erica  <b>CLOSED 16</b>
5:00 pm	<b>Cross Train</b> <b>RUSH</b> 30 minutes Karen L. Charlie 10		<b>Cross Train</b> <b>RUSH</b> 30 minutes Ginger Karen L. 12		<h1 style="text-align: center;">SPRING INTO FITNESS!</h1> <h2 style="text-align: center;">TAKE A GROUP EXERCISE CLASS!</h2>		
5:30 pm	<b>Body Pump</b> 45 minutes Carole 3, 24 Rochelle 10 Bobby 17	<b>Body Step</b> 45 minutes Susan 4, 11 Cheryl 18 Melissa 25	<b>Body Pump</b> 45 minutes Cheryl 5, 26 Bobby 12 Susan 19	<b>Cardio Jam</b> 45 minutes Karen L.			
6:15 pm	<b>Cardio Jam</b> <b>6:30-7:15</b> Paula Ginger 17	<b>CXWORX</b> <b>6:30-7:00</b> Janni	<b>Body Step</b> <b>EXPRESS</b> 30 minutes Melissa Susan 26	<b>Body Pump</b> 1 hour Ginger 6 Carole 13, 27 Melissa 20			
7:00 pm		<b>Zumba</b> 45 minutes Paula Ginger 18					



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## GROUP EXERCISE STUDIO B

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9:00 am		Go Lo PLUS 1 hour Robbin	Barre STUDIOS A & B 9:15-10:15 Janni	Go Lo 45 minutes Robbin	Yoga 1 hour Becky		
9:30 am						Barre 45 minutes Meg 8 Erica	
10:00 am	Zumba Gold 45 minutes Corinne <b>GO LO</b> Erica 3	Body Flow 1 hour Janni	Yoga 1 hour Becky	Body Flow 1 hour Angie	Zumba Gold 45 minutes Corinne		
4:30 pm				Body Flow 1 hour Meg 6, 13 Janni 20, 27	<p><b>SPRING INTO FITNESS! TAKE A GROUP EXERCISE CLASS!</b></p>		
5:00 pm	CXWORX 30 minutes Meg <b>CORE</b> Erica 17						
5:30 pm	Body Flow 1 hour Meg <b>CardiYoLates</b> Erica 17		CXWORX 30 minutes Melissa Susan 26	CXWORX 30 minutes Susan <b>CORE</b> Karen L. 13			
6:15 pm	Barre <b>6:30-7:15</b> 45 minutes Janni		Barre 45 minutes Corinne	Cardio Kick 45 minutes Susan Karen L. 13			
7:00 pm			Yoga 1 hour Gail				



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## GROUP EXERCISE CYCLE STUDIO

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Cycle <i>45 minutes</i> Karen C.		Fusion Express CYCLE STUDIO & STUDIO B <i>45 minutes</i> Deidre		Cycle <i>45 minutes</i> Beth 7, 28 Angela E. 14 Carroll H. 21		
7:45 am						Cycle <i>45 minutes</i> Bailey 8, 22 Carroll H. 15 Beth 29	
8:30 am	Fusion <i>1 hour</i> Bailey 3, 24 Janni 10, 17	Cycle <i>45 minutes</i> Steph Taylor 18	Fusion Express CYCLE STUDIO & STUDIO A <i>45 minutes</i> Janni				
12:15 pm	Cycle <i>45 minutes</i> Michael		Cycle <i>45 minutes</i> Steph 5 Janni 19 Angela E. 12, 26		Cycle <i>45 minutes</i> Bailey 7, 21, 28 Michael 14		
5:30 pm	Cycle <i>45 minutes</i> Annette 3, 10 Janni 17 Rochelle 24						
6:00 pm			Cycle Challenge <i>1 hour</i> Rochelle		<p><b>SPRING INTO FITNESS! TAKE A GROUP EXERCISE CLASS!</b></p>		