

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	1 <u>Step Aerobics:</u> Jamie 9:15am <u>Drums Alive:</u> Dawn 10:15am <u>Silver Sneakers Yoga:</u> Dawn 11:15am <u>SPIN:</u> Kelly 6:15pm	2 <u>Cycle & Strength</u> Kim 9:00am <u>Silver Sneakers</u> 10:00am <u>Body sculpt:</u> Jamie 6:00pm Pedal & Pump 7pm	3 20/20/20 w/Kim cardio * strength * core 9:00am <u>Silver Sneakers/Cardio</u> Circuit 10:45am <u>TRIPLE THREAT</u> w/Kelly cardio * strength * core 6:15pm **ZUMBA CLASS** 7:15pm	4 <u>Kettlebells</u> w/Kim 9:00am <u>Silver Sneakers</u> 10:00am -11:00am <u>CYCLE & ABS</u> w/Jacque 6:0pm <u>Cardio Sculpt:</u> Kim 7pm	5 <u>Step:</u> Jamie 9:00am <u>Silver Sneakers/ Cardio</u> Circuit 10:00am <u>Drums Alive:</u> Dawn 11am <u>Walk Tone:</u> Dawn 12pm	6 <u>SPIN:</u> Kelly 7:30am <u>YOGA inCOREporated</u> w/Jamie 8:15am <u>ZUMBA Toning:</u> Georgann 9:30am
7	8 <u>Step Aerobics:</u> Jamie 9:15am <u>Drums Alive:</u> Dawn 10:15am <u>Silver Sneakers Yoga:</u> Dawn 11:15am <u>SPIN:</u> Kelly 6:15pm	9 <u>Cycle & Strength</u> Kim 9:00am <u>Silver Sneakers</u> 10:00am <u>Body sculpt:</u> Jamie 6:00pm Pedal & Pump 7pm	10 20/20/20 w/Kim cardio * strength * core 9:00am <u>Silver Sneakers/Cardio</u> Circuit 10:45am <u>TRIPLE THREAT</u> w/Kelly cardio * strength * core 6:15pm **ZUMBA CLASS** 7:15pm	11 <u>Kettlebells</u> w/Kim 9:00am <u>Silver Sneakers</u> 10:00am -11:00am <u>CYCLE & ABS</u> w/Jacque 6:00pm <u>Cardio Sculpt:</u> Kim 7pm	12 <u>Step:</u> Jamie 9:00am <u>Silver Sneakers/ Cardio</u> Circuit 10:00am <u>Drums Alive:</u> Dawn 11am <u>Walk Tone:</u> Dawn 12pm	13 <u>SPIN:</u> Kelly 7:30am <u>YOGA inCOREporated</u> w/Jamie 8:15am <u>ZUMBA Toning:</u> Georgann 9:30am
HOURS MON – THURS: 5:30am – 9pm FRI: 5:30am – 7pm SAT: 7am – 4pm SUN: 8am –12pm	15 <u>Step Aerobics:</u> Jamie 9:15am <u>Drums Alive:</u> Dawn 10:15am <u>Silver Sneakers Yoga:</u> Dawn 11:15am <u>SPIN:</u> Kelly 6:15pm	16 <u>Cycle & Strength</u> Kim 9:00am <u>Silver Sneakers</u> 10:00am <u>Body sculpt:</u> Jamie 6:00pm Pedal & Pump 7pm	17 20/20/20 w/Kim cardio * strength * core 9:00am <u>Silver Sneakers/Cardio</u> Circuit 10:45am <u>TRIPLE THREAT</u> w/Kelly cardio * strength * core 6:15pm **ZUMBA CLASS** 7:15pm	18 <u>Kettlebells</u> w/Kim 9:00am <u>Silver Sneakers</u> 10:00am -11:00am <u>CYCLE & ABS</u> w/Jacque 6:0pm <u>Cardio Sculpt:</u> Kim 7pm	19 <u>Step:</u> Jamie 9:00am <u>Silver Sneakers/ Cardio</u> Circuit 10:00am <u>Drums Alive:</u> Dawn 11am <u>Walk Tone:</u> Dawn 12pm	20 <u>SPIN:</u> Kelly 7:30am <u>YOGA inCOREporated</u> w/Jamie 8:15am <u>ZUMBA Toning:</u> Georgann 9:30am
21 Happy Easter CLOSED	22 <u>Step Aerobics:</u> Jamie 9:15am <u>Drums Alive:</u> Dawn 10:15am <u>Silver Sneakers Yoga:</u> Dawn 11:15am <u>SPIN:</u> Kelly 6:15pm	23 <u>Cycle & Strength</u> Kim 9:00am <u>Silver Sneakers</u> 10:00am <u>Body sculpt:</u> Jamie 6:00pm Pedal & Pump 7pm	24 20/20/20 w/Kim cardio * strength * core 9:00am <u>Silver Sneakers/Cardio</u> Circuit 10:45am <u>TRIPLE THREAT</u> w/Kelly cardio * strength * core 6:15pm **ZUMBA CLASS** 7:15pm	25 <u>Kettlebells</u> w/Kim 9:00am <u>Silver Sneakers</u> 10:00am -11:00am <u>CYCLE & ABS</u> w/Jacque 6:0pm <u>Cardio Sculpt:</u> Kim 7pm	26 <u>Step:</u> Jamie 9:00am <u>Silver Sneakers/ Cardio</u> Circuit 10:00am <u>Drums Alive:</u> Dawn 11am <u>Walk Tone:</u> Dawn 12pm	27 <u>SPIN:</u> Kelly 7:30am <u>YOGA inCOREporated</u> w/Jamie 8:15am <u>ZUMBA Toning:</u> Georgann 9:30am
28	29 <u>Step Aerobics:</u> Jamie 9:15am <u>Drums Alive:</u> Dawn 10:15am <u>Silver Sneakers Yoga:</u> Dawn 11:15am <u>SPIN:</u> Kelly 6:15pm	30 <u>Cycle & Strength</u> Kim 9:00am <u>Silver Sneakers</u> 10:00am <u>Body sculpt:</u> Jamie 6:00pm Pedal & Pump 7pm	1 20/20/20 w/Kim cardio * strength * core 9:00am <u>Silver Sneakers/Cardio</u> Circuit 10:45am <u>TRIPLE THREAT</u> w/Kelly cardio * strength * core 6:15pm **ZUMBA CLASS** 7:15pm	2 <u>Kettlebells</u> w/Kim 9:00am <u>Silver Sneakers</u> 10:00am -11:00am <u>CYCLE & ABS</u> w/Jacque 6:0pm <u>Cardio Sculpt:</u> Kim 7pm	3 <u>Step:</u> Jamie 9:00am <u>Silver Sneakers/ Cardio</u> Circuit 10:00am <u>Drums Alive:</u> Dawn 11am <u>Walk Tone:</u> Dawn 12pm	4 <u>SPIN:</u> Kelly 7:30am <u>YOGA inCOREporated</u> w/Jamie 8:15am <u>ZUMBA Toning:</u> Georgann 9:30am