



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING APRIL

Group Fitness Schedule Spring 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule begins Saturday, April 1, 2017 and is subject to change	6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12, 4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 - noon Sunday - closed	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Mindful Meditation Alicia	7:00-8:00a Pilates Louise	7:00-8:00a Vinyasa Yoga Sally	7:30-8:30a Energize Step Diane	
	8:00-9:00a Body Sculpt Andy**	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy S.	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily	
	8:15-9:10a Zumba Gold Barbara	8:00-9:00a Fit for Life Frank**		8:00-9:00a Fit for Life Frank**		8:45-9:45a Hardcore Justin	
** Classes held upstairs in exergame room	9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	9:30-10:30a Classic Nia Jessica A	9:15-10:15a Power Hour Charlene	9:20-10:20a Nia Sculpt Jessica A		
	10:45-11:45 Livestrong Alumni -Deb*	9:15-10:15a Live Life Yoga Kay O.**	10:45-11:45 Livestrong Alumni -Deb*	9:15-10:15a Live Life Yoga Kay O.**			
	10:45-11:45 Zumba Sona	10:30-11:30 Half and Half Marcia	10:45-11:45 Zumba Sona	10:30-11:30 Kind Yoga Dessie	10:30-11:45a Yoga Flow Sally		12:15-1:15p Zumba Christy
	11:45-12:45 Vitality Stretch Amy		11:45-12:45 Vitality Stretch Amy				1:45-2:45p Yoga Dawn S.
			1:00-2:00p Fitness Chair Denise G.**	3:00-4:00 Advanced Vital Stretch			1:45-2:30p Aqua Zumba Carolyn
	4:30-5:30p Zumba Christy	4:15p-5:15p Restorative Yoga-Sally	4:15-5:15p Restorative Yoga-Sally	4:30-5:30p Zumba Christy	5:30-6:00p Insanity Aynaz		
	5:30-6:30p Strong by Zumba* starts 4/10 Bunni	5:00-6:00p Body Sculpt Christine**	5:30-6:30p Cize Live Sona	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
	6:30-7:30p Yoga Julie	6:15-7:15p Tai Chi Roberta**	6:30-7:30p Zumba Toning Carolyn	6:30-7:30p Yoga Julie			
			6:15-7:15p Yoga Sculpt Sheri**	7:30-8:30p Aikido Larry M.			



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