





















## April 2019 Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
5:15 am	 BRANDI 22: Amanda		 BRANDI		 AMANDA 26: Brandi	8:10 am	<b>CARDIO</b> 6: Body Attack-Abbie 13: Bootcamp-Laura 20: Circuits-Jamie 27: Strong-Kim and Amy	
8:10 am	 KIM	 ABBIE 9: Amanda	 SEAN	 STACEY	 KIM & AMY	9:15 am	 6: Abbie 13: Robin K. 20: Stacey 27: Liz H.	
9:15 am	*PILATES* BECKY	 ABI	*PILATES* BECKY	 ABI	Circuits on the Track Jamie	 ABBIE	10:30 am	<b>YOGA BASICS</b> 6: Robin K. 13: Greshanda 20: Robin K. 27: Greshanda
10:30 am	*LOW IMPACT* LAURA 8: Brenda	*YOGA BASICS* ROBIN K.	*LOW IMPACT* LIZ D. 24: Laura	*YOGA BASICS* BRENDA	 KIM	<b>SUNDAY</b>		
4:30 pm	 ABBIE	 LIZ H.	TABATA TIMING SARA	 ABBIE		2:00 pm	<b>CARDIO</b> 7: Zumba-Kim 14: Zumba-Lyn 21: Step-Bea 28: Step-Bea	
5:35 pm	 ABBIE	CIRCUITS ON THE TRACK JAMIE	 SEAN & ROBIN M.	 ROBIN M.		3:15 pm	<b>YOGA BASICS</b> 7: Brenda 14: Robin K. 21: Bea 28: Bea	
6:45 pm	 SEAN				<b>**ALL CLASS MARKED WITH A * INDICATE A LOWER IMPACT CLASS!!</b> <b>**New class on Tuesdays 5:35 pm-30 min of STRONG and 30 min of ZUMBA combined.</b>			










## April 2019 Group Fitness Schedule

--	--	--	--	--	--



**APRIL 2019**

**RPM**

**HEALTHPLUS FITNESS CENTER**

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>5:15 AM</b>			 DANIEL		 AMANDA		
<b>8:10 AM</b>							 6: Liz H. 13: Amanda 20: Ann 27: Amanda
<b>9:00 AM</b>		 AMANDA 15: Ann		 ANN 3: Liz D.		 ANN 5: Liz D. 12: TBA	
<b>9:15 AM</b>			 AMANDA 16: Ann				
<b>4:30 PM</b>				 LIZ H.			<b>Nursery Hours</b> <b>Mon-Thurs:</b> 8am-12:30pm 3:30pm-6:30pm <b>Fri:</b> 8am-12:30pm <b>Sat:</b> 8am-11am <b>Sun:</b> Closed
<b>5:35 PM</b>					 ROBIN		

**APRIL 2019****AQUA EXERCISE-POOL****HEALTHPLUS FITNESS CENTER**

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>9:15 AM</b>		 LYN 8: Stacey	 ROBIN K	Tabata Timing  ROBIN K	 LYN 4: Robin K.	 ROBIN K	Instructor's Choice 6: Stacey 13: Greshanda 20: Robin K. 27: Sara
<b>11:00 AM</b>		Stretch Your Body  GRESHANDA		Stretch Your Body  SARA		Stretch Your Body  BRENDA	
<b>1:00 PM</b>		Senior Water  BRENDA		Senior Water  BRENDA		Senior Water  BRENDA	<b>Nursery Hours</b> <b>Mon-Thurs:</b> 8am-12:30pm 3:30pm-6:30pm <b>Fri:</b> 8am-12:30pm <b>Sat:</b> 8am-11am <b>Sun:</b> Closed
<b>5:30 PM</b>		Instructor's Choice 1: Sara 8: Stacey 15: Brenda 22: Sara 29: Brenda					

*\* MOST water classes on the schedule are considered "low impact"*

*• Brunch & Munch is Friday, March 29th at 10:30 am in the lounge.*  
**Please bring something to share with a friend! EVERYONE is invited.**

---