

FITNESS CLASS SCHEDULE - APRIL



USE THE QR CODE TO SIGN UP FOR CLASSES ONLINE!



| MON | TUE | WED | THU | FRI |
|---|--|--|--|---|
| Spin 6:15-7:00AM (Stephanie) | HIIT Bootcamp 6:15-7:15AM (Molly) | Low Impact Cardio/Intervals 9:00-9:55AM (Amy K) | HIIT Bootcamp 6:15-7:15AM (Molly) | Spin 6:15-7:30AM (Jeff) |
| Water Aerobics 10:00-11:00AM (DD) | Water Aerobics 10:00-11:00AM (DD) | Core & More 10:00-11:00AM (Amy K) | Express Spin 12:15-12:45PM (Mellie) | Cardio & Circuit Training 9:45-10:45AM (Amy K) |
| Master Swim 12:00-1:00PM (Archie) | Pickelball Conditioning 12:00-12:45PM (Asia) | Master Swim 12:00-1:30PM (Archie) | Spin 5:15-6:00PM (Stephanie) *No Class 4/4 or 4/11 | |
| GlideFit Cardio 6:15-7:15PM (Josh) *No Classes 4/22 or 4/49 | PIYO 1:00-1:45PM (Asia) | Spin 5:15-6:00PM (Natalie) | | |
| | Pilates/Stretch 2:00-2:45PM (Asia) | Yoga/Uzit 6:15-7:30PM (AMY C) *AYC | | |
| | Power Yoga 6:15-7:15PM (Josh) *No Class 4/30 | Master Swim 6:00-7:00PM (Archie) | | |

ARC Studio

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|--|---|-----|--|
| Ying/Yang Yoga 6:15-7:00AM (Serene) | BODYPUMP 7:00-8:00AM (Janelle/Lisaa) | BODYPUMP Express 12:00-12:45PM (Asia) | Ying/Yang Yoga 7:00-8:00AM (Serene) | BODYPUMP 7:00-8:00AM (Janelle) | - | BODYPUMP 9:00-10:00AM (Tamar) |
| BODYPUMP Express 12:00-12:45PM (Asia) | Stretch 12:30-1:30PM (Anglea) | P90X 1:00-1:45PM (Asia) | Stretch 12:30-1:30PM (Angela) | Pilates 12:00-12:45PM (Asia) | | |
| PIYO 1:00-1:45PM (Asia) | | BODYPUMP Express 2:00-2:45PM (Asia) | | BODYPUMP 1:00-2:00PM (Asia) | | |
| BODYPUMP Express 2:00-2:45PM (Asia) | | | | BOSU Cardio 2:00-2:45PM (Asia) | | |

Red Brick