



April GROUP EXERCISE SCHEDULE



SUN MON TUE WED THU FRI SAT

	<p style="text-align: right;">1</p> <p>6:10am - Cycle—Pete 9am Arthritis Debbie 10:30am Tabata-Sierra 11am Water Aerobics-Carissa 12pm-Zumba Toning -Lisa 4pm Teen Games- Victor 5:15pm-Cardio/strength-Victor</p>	<p style="text-align: right;">2</p> <p>6:10am Cycle Angelina 11am-Water Aerobics-Carissa 12pm-GiGong-Kimathi 5:15pm -Cardio/strength-Victor</p>	<p style="text-align: right;">3</p> <p>6:10am- Cycle—Pete 9:15am Circuit—Pete 11am Water Aerobics—Dot 12pm-Zumba -Lisa 5:15pm Pound Sandra</p>	<p style="text-align: right;">4</p> <p>6am-Circuit training-Angelina 9am Total Body Stretch—Pete 11am Water Aerobics-Carissa 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia</p>	<p style="text-align: right;">5</p> <p>6:10am Cycle-Pete 9am Ciircuit-Sierra 10:15 Chair yoga- Annette 11am Aqua Zumba-Lisa 12pm Zumba-Mel</p>	<p style="text-align: right;">6</p> <p>9am- Cycle-Pete 10am-Total Body Stretch -Pete</p>
<p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p>6:10am - Cycle—Pete 9am Arthritis Debbie 10:30am Tabata-Sierra 11am Water Aerobics-Dot 12pm-Zumba Toning -Lisa 4pm Teen Games- Victor 5:15pm Cardio/strength-Victor</p>	<p style="text-align: right;">9</p> <p>6:10am Cycle Angelina 11am-Water Aerobics-Dot 12pm-QiGong- Kimathi 5:15pm -Zumba Toning-Sandra</p>	<p style="text-align: right;">10</p> <p>6:10am- Cycle—Pete 9:15am Circuit—Pete 11am Water Aerobics—Carissa 12pm-Zumba -Lisa 5:15pm Pound Sandra</p>	<p style="text-align: right;">11</p> <p>6am-Circuit training-Angelina 9am Total Body Stretch--Annette 11am Water Aerobics-Carissa 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia</p>	<p style="text-align: right;">12</p> <p>6:10am Cycle-Pete 9am Circuit—Sierra 10:15 Chair yoga- Annette 11am Aqua Zumba-Lisa 12pm-Zumba-Mel</p>	<p style="text-align: right;">13</p> <p>9am- Cycle-Pete 10am-Total Body Pete</p>
<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p>6:10am - Cycle—Pete 9am -Arthritis-Debbie 10:30am Tabata-Sierra Water Aerobics-Carissa 12pm-Zumba Toning Lisa 5:15pm Cardio/strength-Victor</p>	<p style="text-align: right;">16</p> <p>6:10am Cycle- Angelina 10am -Water Arthritis-Annette 11am-Water Aerobics -Carissa 12pm-QiGong-Kimathi 5:15pm-Zumba Toning-Sandra</p>	<p style="text-align: right;">17</p> <p>6:10am- Cycle—Pete 9:15am Circuit—Pete 11am Water Aerobics—Dot 12pm-Zumba-Lisa 5:15pm Pound Sandra</p>	<p style="text-align: right;">18</p> <p>6am-Circuit training-Angelina 9am Fitness Yoga --Annette 11am Water Aerobics-Carissa 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia</p>	<p style="text-align: right;">19</p> <p>6:10am Cycle-Pete 9am 20/20/20-Annette 10:15 Chair yoga- Annette 11am-Aqua Zumba-Lisa 12pm Zumba-Mel</p>	<p style="text-align: right;">20</p> <p>9am-Cycle-Pete 10am- Total Body Stretch -Pete</p>
<p style="text-align: right;">21</p>	<p style="text-align: right;">22</p> <p>6:10am - Cycle -Pete 9am Arthritis -Debbie 10:30am Tabata-Sierra 11am Water Aerobics-Carissa 12pm—Zumba Toning—Lisa 5:15pm Cardio/Strength—Victor</p>	<p style="text-align: right;">23</p> <p>6:10am -Cycle- Angelina 10am-Water Arthritis-Annette 11am-Water Aerobics-Carissa 12pm-QiGong-Kimathi 5:15pm—Yoga-Annette***</p>	<p style="text-align: right;">24</p> <p>6:10am- Cycle—Pete 9:15am Circuit—Pete 11am Water Aerobics—Dot 12pm-Zumba-Lisa 5:15pm -Pound Class-Sandra</p>	<p style="text-align: right;">25</p> <p>6am-Circuit training-Angelina 9am Fitness Yoga-Annette 11am Water Aerobics-Carissa 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia</p>	<p style="text-align: right;">26</p> <p>6:10am Cycle-Pete 9am 20/20 /20 -Annette 10:15 Chair Yoga—Annette 11am Aqua Zumba-Lisa 12pm Zumba-Mel</p>	<p style="text-align: right;">27</p> <p>9am- Cycle -Pete 10am-Total Body Stretch -Pete</p>
<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <p>6:10am - Cycle -Pete 9am Arthritis -Debbie 10:30am Tabata-Sierra 11am Water Aerobics-Carissa 12pm—Zumba Toning—Lisa 5:15pm Cardio/Strength-Victor</p>	<p style="text-align: right;">30</p> <p>6:10am Cycle- Angelina 10am -Water Arthritis-Annette 11am-Water Aerobics -Carissa 12pm-QiGong-Kimathi 5:15pm-Yoga-Annette</p>				

*****PLEASE NOTE
TUESDAY 5:15PM CLASS
ALTERNATES WEEKLY
Zumba Toning/YOGA**

**Arthritis, Silver Sneakers
And Chair Yoga in the
FRONT ROOM**