

# GROUP EXERCISE SCHEDULE APRIL 2026



**SUN**

**MON**


**TUE**

**WED**

**THU**

**FRI**

**SAT**

SUN	MON	TUE	WED	THU	FRI	SAT
			1 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm -Pound-Sandra	2 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics -Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	3 6:10 Cycle—Beth 9am—NO CLASS 10:15 NO CLASS 11am Water Aerobics-Marcia 12pm NO CLASS	4 10am Zumba— Cynthia
5 	6 6:10 Cycle—Beth 10am-Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 1pm-Arthritis-Debbie 5:15pm Total Body Burn-Jeff	7 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	8 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm -Pound-Sandra	9 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics -Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	10 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Marcia 12pm Zumba-Amanda	11 10am Zumba- Cynthia
12	13 6:10 am—Cycle-Beth 10am Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 1pm-Arthritis-Debbie 5:15pm Total Body Burn-Jeff	14 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	15 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm -Pound-Sandra	16 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics -Valerie 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia	17 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Marcia 12pm Zumba-Amanda	18 10am Zumba-Cynthia
19	20 6:10 Cycle—Beth 10am NO CLASS 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 1pm-Arthritis-Annette 5:15pm NO CLASS	21 9am-Yoga-Illise 10:15am NO CLASS 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	22 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am NO CLASS 11am Water Aerobics-Dot 5:15pm -Pound-Sandra	23 9am Yoga-Illise 10:15am Zumba Toning-Amanda 11am Water Aerobics -Valerie 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia	24 6:10 Cycle-Beth 9am—No Class 10:15 No Class 11am Water Aerobics-Marcia 12pm Zumba-Amanda	25 10am Zumba-Cynthia
26	27 6:10 Cycle—Beth 10am Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 1pm-Arthritis-Debbie 5:15pm Total Body Burn-Jeff	28 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	29 6:10am Cycle— Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm -Pound-Sandra	30 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics -Valerie 1pm Silver Sneakers -Debbie 5:15pm Cycle-Marcia		