

APRIL 2019 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Yoga 8:15 NO B FIT 9:10 NO PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING (E)	2 8:00 Seniors Circuit 9:00 GENTLE YOGA (O) 9:15 LOW AND SLOW (E) 10:15 CHAIR YOGA (O) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5:30 Group Training	3 8:00 Yoga 8:15 NO B FIT 9:10 NO PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) (E) 2:15 HOOP DANCE FITNESS (O) 5:30 ZUMBA (O)	4 8:00 Seniors Circuit 9:00 GENTLE YOGA (N) 9:15 LOW AND SLOW (O) 10:15 Chair Yoga (N) 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (E) 12:30 FIT AND FABULOUS (E) 2:00 DANCE –THE BALLROOM WORKOUT (E) 4:30 STRONG by Zumba 5:30 Group Training	5 8:15 NO B FIT 9:10 NO PEPS 10:15 ZUMBA GOLD FRIDAY AM (O) 11:30 30 MIN. ZUMBA GOLD (O) 12:15 FIT & FABULOUS (O) 1:00 ZUMBA GOLD (O) 2:15 HOOP DANCE FITNESS (N)
8 8:00 Yoga 8:15 B FIT (N) 9:10 PEPS (N) 10:00 MODIFIED YOGA (E) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (N) 2:30-3:30 Line Dance II (E) 3:30-4:30 Line Dance I (E) 5:30 ZUMBA TONING (N)	9 8:00 Seniors Circuit (E) 9:00 GENTLE YOGA 9:15 LOW AND SLOW (N) 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (N) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (N) 4:30 STRONG by Zumba 5:30 Group Training (E)	10 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (O) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	11 8:00 Seniors Circuit (O) 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 1:30 Social Dance 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Group Training (O)	12 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (N) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
15 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (N) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 NO Line Dance II 3:30-4:30 NO Line Dance I 5:30 ZUMBA TONING	16 8:00 Seniors Circuit (N) 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5:30 Group Training (N)	17 8:00 Yoga (E) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	18 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT (N) 4:30 STRONG by Zumba 5:30 Group Training	19 8:15 B FIT 9:10 PEPS 10:00 Mastering Your Energy (N) 10:15 NO ZUMBA GOLD FRIDAY AM 11:30 NO 30 MIN. ZUMBA GOLD 12:15 NO FIT & FABULOUS 1:00 NO ZUMBA GOLD 2:15 HOOP DANCE FITNESS
22 8:00 Yoga (O) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (N) 3:30-4:30 Line Dance I (N) 5:30 ZUMBA TONING	23 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5:30 Group Training	24 8:00 Yoga (N) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	25 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba (E) 5:30 Group Training	26 8:15 B FIT 9:10 PEPS 10:00 Mastering Your Energy 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
29 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING	30 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba (N) 5:30 Group Training	SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: April 27th—June 8th No: May 25th		KEY: (N) New session starts (O) Open class, come try it out (E) Session ends