



## Group Exercise Land Fitness April 2018

+++	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>							
	<b>Active Yoga</b> 8:30-9:25 AM Debby	<b>Yoga</b> 8:30-9:25 AM Debby	<b>Active Yoga</b> 8:30-9:25 AM Debby	<b>Yoga</b> 8:30-9:25 AM Debby	<b>Active Yoga</b> 8:30-9:25 AM Debby		
	<b>Zumba®</b> 9:30-10:15 AM Yessi	<b>BodyPump®</b> 9:35-10:35 AM Nancy	<b>Zumba®</b> 9:30-10:15 AM Yessi	<b>BodyPump®</b> 9:35-10:35 AM Nancy	<b>Latin Dance</b> 9:30-10:15 Debby	<b>BodyPump®</b> 8:30-9:30 AM Alternating	
	<b>Mid-Morning Cardio</b> 10:20-11:25 AM Beth		<b>Mid-Morning Cardio</b> 10:20-11:25 AM Beth		<b>Mid-Morning Cardio</b> 10:20-11:25 AM Beth		
	<b>Silver Sneakers</b> 11:25-12:10 PM Beth	<b>Zumba Gold®</b> 11:15-12:00 PM Maria	<b>Silver Sneakers</b> 11:25-12:10 PM Beth	<b>Zumba Gold®</b> 11:15-12:00 PM Maria	<b>Silver Sneakers</b> 11:25-12:10 PM Beth		
<b>Noon</b>							
<b>PM</b>		<b>Cardio Pump</b> 4:30-5:00 PM Mike		<b>Cardio Pump</b> 4:30-5:00 PM Mike			
	<b>Core Cardio</b> 5:10-5:40 PM Marci	<b>A.B.S. Class</b> 5:05-5:25 PM Mike	<b>Barre Tone</b> 5:10-5:55 PM Marci	<b>A.B.S. Class</b> 5:05-5:25 PM Mike	<b>POUND</b> 5:15-5:45 PM Kourtney <b>Tickets sell @ 5</b>		
	<b>Pilates</b> 5:45-6:30 PM Marci	<b>BodyPump®</b> 5:30-6:30 PM Cheryl	<b>POUND</b> 6:15-6:45 PM Kourtney <b>Tickets sell @ 6</b>	<b>Yoga</b> 5:30-6:15 PM Debby			
	<b>RIP</b> 6:40-7:25 PM Jen			<b>RIP</b> 6:25-7:10 PM Jen			
	<b>Zumba Toning</b> 7:35-8:35 PM Yessi	<b>Zumba®</b> 7:15-8:15 PM Yessi	<b>Zumba Toning</b> 7:00-8:00 PM Yessi	<b>Zumba®</b> 7:20-8:20 PM Yessi			

### SPIN ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>						<b>RPM/Spin</b> 9:00-10:00 AM Alternating	
<b>PM</b>	<b>RPM®</b> 5:00-5:45 PM Diana	<b>Spinning</b> 5:30-6:30 PM Mike	<b>RPM®</b> 5:00-5:45 PM Teasha	<b>Spinning</b> 5:30-6:30 PM Mike			
		<b>RPM®</b> 7:00-7:45 PM McKinsey		<b>RPM®</b> 7:00-7:45 PM Diana			

**\*\*SmartStart Planners available at the front desk.**

**Smart Start is a comprehensive way to begin your workout regime\*\***