



# APRIL 1-7

## MULTIPURPOSE ROOM - MORNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5		<b>STRONG by ZUMBA®</b> 5:20 - 6:20AM			<b>STRONG by ZUMBA®</b> 5:20 - 6:20AM		
6							
7							
8						<b>ZUMBA®</b> 8:00 - 8:55AM	
9	<b>KIDS ZONE GROUP GAMES</b> 9:00 - 9:45AM	<b>VINYASA YOGA</b> 9:00 - 10:00AM	<b>YOGA</b> 9:15 - 10:15AM	<b>VINYASA YOGA</b> 9:00 - 10:00AM	<b>DANCE FITNESS</b> 9:15 - 10:10AM	<b>VINYASA YOGA</b> 9:15 - 10:30AM	
10	<b>ZUMBA®</b> 10:10 - 11:05AM	<b>YOGA</b> 10:05 - 11:05AM	<b>TRX®</b> 10:20 - 11:05AM	<b>YOGA</b> 10:05 - 11:05AM	<b>TRX®</b> 10:20 - 11:05AM		
11	<b>ENHANCE FITNESS</b> 11:15AM - 12:15PM	<b>ZUMBA® GOLD</b> 11:15AM - 12:15PM	<b>ENHANCE FITNESS</b> 11:15AM - 12:15PM	<b>ZUMBA® GOLD</b> 11:15AM - 12:15PM	<b>ENHANCE FITNESS</b> 11:15AM - 12:15PM	<b>FAMILY YOGA *</b> 10:45 - 11:15AM	



# MULTIPURPOSE ROOM - AFTERNOON SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12							
12:30		<b>BARBELL PUMP</b> 12:30 - 1:25PM	<b>CORE STRENGTH</b> 12:30 - 1:25PM	<b>BARBELL PUMP</b> 12:30 - 1:25PM			
1							
1:30							
2							
2:30							
3							
3:30	<b>KIDS U</b> 3:30 - 4:30PM	<b>KIDS U</b> 3:30 - 4:30PM		<b>KIDS U</b> 3:30 - 4:30PM			
4			<b>KIDS U</b> 3:30 - 5:15PM		<b>KIDS U</b> 3:30 - 5:15PM		
4:30							
5							
5:30		<b>ZUMBA®</b> 5:30 - 6:30PM	<b>STRONG 30®</b> 5:30 - 6:00PM	<b>ZUMBA®</b> 5:50 - 6:50PM			
6			<b>POUND®</b> 6:05 - 6:50PM				
6:30							
7	<b>TAI CHI</b> 7:00 - 8:00PM		<b>DANCE FITNESS</b> 7:00 - 8:00PM				
7:30							
8							

During open times on the schedule, members are free to use the room space for independent activities.

**TRX®** classes require registration at the front desk. \$8.00 per class

\* **FAMILY YOGA** is the first Saturday of the month. April 6.

Updated 3.1.2019