

**Must be signed up for early morning classes
by 8pm the night before*

Fitness Class Calendar April 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 No Class
2 No Class on Sunday	3 9-9:50am Pure Strength 10-10:50am Full Body Fitness	4 No Class	5 9-9:50am Sweat H.I.I.T*	6 7-7:50am Switch it Up: Abs & Arms* 8-8:50am Cardio Drumming* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Abs & Arms	7 9-9:50am Pure Strength 10-10:50am Full Body Fitness	8 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Abs & Arms
	9 9-9:50am Pure Strength 10-10:50am Full Body Fitness	11 7-7:50am Switch it Up: Boxing* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Cardio Drumming	12 9-9:50am Sweat H.I.I.T*	13 7-7:50am Switch it Up: Boxing* 8-8:50am Cardio Drumming* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Boxing	14 9-9:50am Pure Strength 10-10:50am Full Body Fitness	15 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Boxing
	16 No Class on Sunday	17 9-9:50am Pure Strength 10-10:50am Full Body Fitness	18 7-7:50am Switch it Up: Abs & Arms* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Cardio Drumming	19 9-9:50am Sweat H.I.I.T*	20 7-7:50am Switch it Up: Abs & Arms* 8-8:50am Cardio Drumming* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Abs & Arms	21 9-9:50am Pure Strength 10-10:50am Full Body Fitness
23/30	24 9-9:50am Pure Strength 10-10:50am Full Body Fitness	25 7-7:50am Switch it Up: Kettlebells* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming 10-10:50am Cardio Drumming	26 9-9:50am Sweat H.I.I.T*	27 7-7:50am Switch it Up: Kettlebells* 8-8:50am Cardio Drumming* 9-9:50am Cardio Drumming 5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Kettlebells	28 9-9:50am Pure Strength 10-10:50am Full Body Fitness	29 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Kettlebells

Please sign up at the fitness center or call 337-7000 at least 1 hour before class time ☺