

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

Fitness Class Calendar April 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Full Body Fitness 10:30-11:20am	2 No Class
3 <div>No Class on Sunday</div>	4 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates Break 12:10-12:50pm Body Blast 5:15-6:00pm	5 No Class	6 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates 5:15-6:00pm	7 Cardio Drumming 9-9:50am Balance for Life 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Yoga/Core Mix 6:30-7:20pm	8 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	9 Cardio Drumming 9-9:50am Switch it Up: Kettlebell Class 10-10:50am
10 <div>No Class on Sunday</div>	11 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates Break 12:10-12:50pm Body Blast 5:15-6:00pm	12 Switch it Up: Treadmill Tracks 7-7:50am* Balance for Life *8-8:50am Cardio Drumming 9-9:50am	13 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates 5:15-6:00pm	14 Cardio Drumming 9-9:50am Balance for Life 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Advanced Drumming 6:30-7:20pm	15 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	16 Cardio Drumming 9-9:50am Switch it Up: Treadmill Tracks 10-10:50am
17 <div>No Class on Sunday</div>	18 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates Break 12:10-12:50pm Body Blast 5:15-6:00pm	19 Switch it Up: Advanced Drumming 7-7:50am* Balance for Life 8-8:50am* Cardio Drumming 9-9:50am	20 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates 5:15-6:00pm	21 Cardio Drumming 9-9:50am Balance for Life 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Treadmill Tracks 6:30-7:20pm	22 Full Body Fitness 10:30-11:20am	23 Cardio Drumming 9-9:50am Switch it Up: Advanced Drumming 10-10:50am
24	25 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates Break 12:10-12:50pm Body Blast 5:15-6:00pm	26 Switch it Up: Boxing Circuit 7-7:50am* Balance for Life 8-8:50am* Cardio Drumming 9-9:50am	27 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Pilates 5:15-6:00pm	28 Cardio Drumming 9-9:50am Balance for Life 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Kettlebell Class 6:30-7:20pm	29 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	30 Cardio Drumming 9-9:50am Switch it Up: Boxing Circuit 10-10:50am

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