

April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31	1	2	3	4	5	6
Gym Closed	8am- S/S Circuit 6:30p- Beginner Extreme Step	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 5pm- Line Dance	8am - S/S Circuit 9am- Line Dance	8am - S/S Zumba	915am-Weight/Cardio
Easter Sunday	Member Appreciation					
7	8	9	10	11	12	13
	8am- S/S Circuit	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 5pm- Line Dance	8am - S/S Circuit 9am- Line Dance	8am - S/S Boom	915am-Weight/Cardio
14	15	16	17	18	19	20
	8am- S/S Circuit	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 5pm- Line Dance	8am - S/S Circuit 9am- Line Dance	8am - S/S Zumba	915am-Weight/Cardio
21	22	23	24	25	26	27
	8am- S/S Circuit 6:30p- Beginner Extreme Step	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 5pm- Line Dance	8am - S/S Circuit 9am- Line Dance	8am- S/S Boom	915am-Weight/Cardio
28	29	30	May 1	May 2	May 3	May 4
	8am- S/S Circuit	8am - S/S Circuit 9am - S/S Circuit 530p -Spin				
May 5	May 6	May 7	May 8	May 9	May 10	May 11