

# April – 2025 – Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am Aqua Fitness	2 10am Aqua Fitness	3 9am Light Weights w/Demet 10am Aqua Fitness	4 8:30am Barre Blend w/Suzanne - Half Moon Point 9am Yoga w/Demet 10am Aqua Fitness	5 8:30am Barre Blend w/Suzanne 10am Aqua Zumba w/Karen
6 Yoga w/Demet 8:30am	7 9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	8 10am Aqua Fitness	9 10am Aqua Fitness	10 9am Light Weights w/Demet 10am Aqua Fitness 6pm Sound Bath & Yoga	11 8:30am Barre Blend w/Suzanne - Half Moon Point 9am Yoga w/Demet 10am Aqua Fitness	12 8:30am Barre Blend w/Suzanne 10am Aqua Zumba w/Karen
13 Yoga w/Demet 8:30am	14 9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	15 10am Aqua Fitness	16 10am Aqua Fitness	17 9am Light Weights w/Demet 10am Aqua Fitness	18 8:30am Barre Blend w/Suzanne - Half Moon Point 9am Yoga w/Demet 10am Aqua Fitness	19 8:30am Barre Blend w/Suzanne 10am Aqua Zumba w/Karen
20 Yoga w/Demet 8:30am	21 9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	22 10am Aqua Fitness	23 10am Aqua Fitness	24 9am Light Weights w/Demet 10am Aqua Fitness	25 8:30am Barre Blend w/Suzanne - Half Moon Point 9am Yoga w/Demet 10am Aqua Fitness	26 8:30am Barre Blend w/Suzanne 10am Aqua Zumba w/Karen
27 Yoga w/Demet 8:30am	28 9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	29 10am Aqua Fitness	30 10am Aqua Fitness			