

APRIL 2018

STUDIO ONE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am Total Body Conditioning Tracy Nicole 4/24	5:30am Circuit 4/4,4/18 HIGH FITNESS 4/11,4/25	5:30am LES MILLS BODYPUMP™ Tracy Nicole 4/26	6am LES MILLS CXWORX Nicole	8:30am LES MILLS BODYSTEP® Tracy 4/7 Heather 4/14 LAUNCH 4/21 Chris 4/28	4/1 8:30am BodyStep 9am CXWORX Patrick
8:45am LES MILLS BODYSTEP® Tracy	8:15am Low Impact MaryBeth	8am LES MILLS BODYVIVE 3.1 Tami Andrea 4/11		8:00am LES MILLS BODYVIVE 3.1 Andrea		4/8 HIGH FITNESS Courtney
9:45am Pump and Tone Lauren		8:45am HIGH FITNESS (50min) Courtney		8:45am LES MILLS BODYSTEP® Tracy Patrick 4/6,4/27	9:30am LES MILLS BODYPUMP™ Patrick 4/7 Robbie 4/14,4/28 LAUNCH 4/21	4/15 8:30am Kick and Sculpt Jerry
4:30pm LES MILLS BODYPUMP™ Nicole Courtney 4/9	5pm LES MILLS CXWORX Nicole	4:45pm BodyPump Robby 4/11,4/25 Pump and Tone Jerry 4/4,4/18	5pm LES MILLS BODYSTEP® Chris 4/5 Heather 4/12,4/19 Patrick 4/26	9:45am Pump and Tone Tracy Lauren 4/6,4/27		4/22 LAUNCH 8:30am BodyStep 9am CXWORX Patrick
5:30pm LES MILLS BODYSTEP® Chris	5:30pm LES MILLS BODYPUMP™ Patrick	5:30pm TURBO KICK Chris Lauren 4/11	5:30pm HIGH FITNESS (45min) Lauren 4/12,4/26 Susan 4/5 Heather 4/19		10:30am HIGH FITNESS No Class 4/7 Susan 4/21, 4/28 Heather 4/14	4/29 8:30am Freestyle Step 9am Core and More Lauren
6:30pm Kick & Sculpt Jerry		6:15pm ZUMBA Lisa				

STUDIO TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am SHORE CIRCUIT Nicole	8:30am TRX FIT (30 Min) Tracy Courtney 4/24		9:00am SHORE CIRCUIT (45 Min) Lauren	5:30am Spinning (30 Min) Nicole	8:30am Spinning (60 Min) Sonny Nicole 4/7,4/14	
9am SPINNING (45 Min) Courtney		11:45am SPINNING (30min) Mimi	4:30pm TRX Strength (30 min) Patrick			
5:30pm SPINNING (45 Min) Nicole	4:30pm SPINNING (30 Min) Courtney	5:30pm SPINNING (45 Min) Sonny	5:30pm SHORE CIRCUIT Nicole			

Attention members! As we enter the New Year, it is required that you sign up for ALL classes on MindBody to ensure your spot in class. If you cannot go after you sign up, you MUST CANCEL your reservation to open a spot for someone else. Thank you!