

April 2026

CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scan QR code to visit website & book class		1 APRIL FOOL'S DAY! 	2 <u>6:30pm</u> Gentle Flow Yoga	3	4 <u>9am</u> <u>Tone Zone</u> <u>10:30am</u> <u>Dynamic Pilates Fusion</u>	5 
6 <u>6:30pm TRX</u>	7 <u>11:30am</u> <u>Functional Movement</u> <u>8:00 p.m</u> <u>Line Dancing with Kristie</u>	8 <u>11:30am</u> <u>Balance & Flow Yoga</u> <u>5:30pm</u> <u>Restorative Yoga</u>	9 <u>11:30am</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Pilates Flow</u>	10	11 <u>9am</u> <u>Tone Zone</u>	12
13 SPOTLIGHT CLASS <u>6:30 pm</u> <u>Tone Zone:</u> After Work Reset	14 <u>8:00 p.m</u> <u>Line Dancing with Kristie</u>	15 <u>11:30am</u> <u>Chair Yoga</u> <u>5:30pm</u> <u>Strength & Stretch</u> <u>7:00 pm</u> <u>Relax & Renew Yoga</u>	16 <u>6:30pm</u> <u>Gentle Flow Yoga</u>	17	18 <u>9am</u> <u>Tone Zone</u>	19 <u>11:30am</u> <u>Pilates Flow</u>
20 <u>6:30pm TRX</u>	21 <u>11:30am</u> <u>Functional Movement</u> <u>8:00 p.m</u> <u>Line Dancing with Kristie</u>	22 <u>11:30am</u> <u>Chair Yoga</u> <u>5:30pm</u> <u>Restorative Yoga</u>	23 <u>11:30am</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Pilates Flow</u>	24 <u>6:30pm</u> <u>Sound Bowl Immersion</u>	25 <u>9am</u> <u>Tone Zone</u>	26
27 <u>11:30am</u> <u>Functional Movement</u>	28 <u>11:30am</u> <u>Functional Movement</u> <u>8:00 p.m</u> <u>Line Dancing with Kristie</u>	29 <u>11:30am</u> <u>Balance & Flow Yoga</u> <u>5:30pm</u> <u>Strength & Stretch</u> <u>7:00 pm</u> <u>Relax & Renew Yoga</u>	30 <u>11:30am</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Gentle Flow Yoga</u>			