



# GROUP FITNESS

## SPORTS OF ALL SORTS



APRIL ~ 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 	<b>2</b> 8:30 - 9:20 (Angi) <b>Senior -Fit</b> 9:30 - 10:20 (Lisa) <b>Senior-Fit</b> 10:30-11:20 (Toni) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Stacey) <b>HIIT CARDIO</b>	<b>3</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>4</b> 8:30-9:20 (Amy) <b>FIRM IT UP!</b> 9:30 - 10:20 (LISA) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	<b>5</b> 10:00 - 10:30 (Lisa) <b>BETTER BALANCE</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	<b>6</b> 8:30-9:20 (Amy) <b>Senior-Fit</b> 9:30-10:20 (Angi) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Classic</b>	<b>7</b>
<b>8</b>	<b>9</b> 8:30 - 9:20 (Angi) <b>Senior-Fit</b> 9:30 - 10:20 (Lisa) <b>Senior-Fit</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Stacey) <b>HIIT CARDIO</b>	<b>10</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>11</b> 8:30 - 9:20 (Amy) <b>FIRM IT UP!</b> 9:30 - 10:20 (Stacey) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	<b>12</b> 10:00 - 10:30 (Lisa) <b>BETTER BALANCE</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	<b>13</b> 8:30-9:20 (Amy) <b>Senior-Fit</b> 9:30-10:20 (Angi) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	<b>14</b>
<b>15</b>	<b>16</b> 8:30 - 9:20 (Angi) <b>Senior-Fit</b> 9:30 - 10:20 (Lisa) <b>Senior-Fit</b> 10:30-11:20 (Toni) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Jeannine) <b>STRONG by Zumba!</b>	<b>17</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>18</b> 8:30-9:20 (Amy) <b>FIRM IT UP!</b> 9:30 - 10:20 (Stacey) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	<b>19</b> 9:50 - 10:20 (TONI) <b>BETTER BALANCE</b>	<b>20</b> 8:30-9:20 (Amy) <b>Senior-Fit</b> 9:30-10:20 (Angi) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	<b>21</b>
<b>22</b>	<b>23</b> 8:30 - 9:20 (Angi) <b>Senior-Fit</b> 9:30 - 10:20 (Lisa) <b>Senior-Fit</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Jeannine) <b>STRONG by Zumba!</b>	<b>24</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>25</b> 8:30-9:20 (Amy) <b>FIRM IT UP!</b> 9:30 - 10:20 (Stacey) <b>Senior Strength PLUS +</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	<b>26</b> 10:00 - 10:30 (Lisa) <b>BETTER BALANCE</b> 10:40-11:40 (Lisa) <b>DANCE-FIT</b>	<b>27</b> 8:30-9:20 (Amy) <b>Senior-Fit</b> 9:30-10:20 (Angi) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Calssic</b>	<b>28</b>
<b>29</b>	<b>30</b> 8:30 - 9:20 (Lisa) <b>Senior-Fit</b> 9:30 - 10:20 (Lisa) <b>Senior-Fit</b> 10:30-11:20 (Toni) <b>Silver Sneaker's Classic</b> 6:30 - 7:25 (Stacey) <b>HIIT CARDIO</b>					