



GROUP FITNESS

SPORTS OF ALL SORTS



APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
PLEASE NOTE APRIL 5 & 19	9:30 - 10:15	9:30-10:15 CARDIO DRUMMING	9:30 - 10:15	9:30-10:15 CARDIO-DANCE	Senior-FIT	<p>BUNS OF STEEL</p>
TABATA!	Senior-FIT	AMY	TABATA CIRCUIT	AMY	AMY	
20 SEC WORK	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	10:30-11:15	
10 SEC REST X8	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	
45 MIN	Silver Sneaker's Classic	TONI	AMY	TONI	TONI	
TRY IT OUT!	TONI					
9	10	11	12	13	14	15
	9:30 - 10:15	9:30-10:15 CARDIO-DANCE	9:30 - 10:15	9:30-10:15 CARDIO DRUMMING	TAI CHI WITH AMY 8:45-9:15AM	
	Senior-FIT	AMY	CIRCUIT	AMY	Senior-FIT	
	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	AMY	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	AMY	TONI	Silver Sneaker's Classic	
	TONI				TONI	
16	17	18	19	20	21	22
	9:30 - 10:15	9:30-10:15 CARDIO DRUMMING	9:30 - 10:15	9:30-10:15 CARDIO-DANCE	9:30 - 10:15	
	Senior-FIT	AMY	TABATA CIRCUIT	AMY	Senior-FIT	
	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	AMY	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	AMY	TONI	Silver Sneaker's Classic	
	TONI				TONI	
23	24	25	26	27	28	29
	9:30 - 10:15	9:30-10:15 CARDIO-DANCE	9:30 - 10:15	9:30-10:15 CARDIO DRUMMING	TAI CHI WITH AMY 8:45-9:15AM	
	Senior-FIT	AMY	CIRCUIT	AMY	9:30 - 10:15	
	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	Senior-FIT	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	AMY	
	Silver Sneaker's Classic	TONI	AMY	TONI	10:30-11:15	
	TONI				TONI	
30	<p><i>Be yourself; everyone else is already taken.</i> - Oscar Wilde</p>					