



April Group Fitness Schedule 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						8:10 Weekend Warrior (Bre) 9:00 Zumba (Aniagna)
2	3	4	5	6	7	8
6:10 Quick Hitter (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 9:00 Zumba (Aniagna) 10:00 Stretch Express (Danielle P.) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Aniagna) 5:30 Chair Yoga (Kappy) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ani) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	9:00 Zumba (Aniagna)	
9	10	11	12	13	14	15
6:45 Gentle Yoga (Kappy) 9:00 Barre (Kappy) 9:00 Zumba (Aniagna) 10:00 Stretch Express (Kappy) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Aniagna) 1:15 Kids Yoga (Kappy) 5:30 Kickboxing (Jessica) 5:30 Tai Chi 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ani) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Kickboxing (Jessica) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	8:10 Weekend Warrior (Bre) 9:00 Zumba (Aniagna)	
16	17	18	19	20	21	22
6:10 Quick Hitter (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle S.) 9:00 Zumba (Aniagna) 10:00 Stretch Express (Danielle S.) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Aniagna) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ani) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	8:10 Weekend Warrior (Bre) 9:00 Zumba (Aniagna)	
23	24	25	26	27	28	29
6:10 Quick Hitter (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 9:00 Zumba (Aniagna) 10:00 Stretch Express (Danielle P.) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Aniagna) 1:15 Kids Yoga (Kappy) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ani) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 HITT (Jessica) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	9:00 Zumba (Aniagna)	