

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	3 9:00 Spin 10:30 Fit For Life (Shannon) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	4 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Jessica) 10:30 iMove (Rissa) 10:45 No Class 12:00 Pilates No Class 5:15 Power Yoga (Amy)	5 9:00 HITT (Jessica) 10:30 Fit For Life (Shannon) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	6 9:00 Zone Tone (Shannon) 10:30 iTone (Rissa) 10:45 No Class 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	7
8	9 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	10 9:00 Spin 10:30 Fit For Life (Shannon) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	11 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Jessica) 10:30 iMove (Rissa) 10:45 No Class 12:00 Pilates No Class 5:15 Power Yoga (Amy)	12 9:00 HITT (Jessica) 10:30 Fit For Life (Shannon) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	13 9:00 Zone Tone (Shannon) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Danielle) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	14
15	16 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	17 9:00 Spin 10:30 Fit For Life (Shannon) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	18 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Jessica) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Danielle) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	19 9:00 HITT (Jessica) 10:30 Fit For Life (Shannon) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	20 9:00 Zone Tone (Shannon) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Danielle) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	21
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29	30 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)					