

# APRIL

## — CLASS SCHEDULE —

### MONDAY

5:30 am	● Spinning	Jamie
8:45 am	●● Cardio Barre	Sherry
8:45 am	●● Cardio & Weights	Di
11:30 am	● Indo-Row	Paul
5:30 pm	● Yoga	Nicole
5:30 pm	●● Kettlebells	Jessica
5:30 pm	● Spinning	Anne
6:30 pm	●● Total Body Burn	Kerri
6:30 pm	*Nutrition Talk	Greg

### TUESDAY

5:30 am	●●● Cardio Box (pd)	Mike
5:30 am	●● Row & Weights	Gina
9:00 am	● Yoga	Christine
9:00 am	●● Circuit Breaker	Dawn
10:30 am	●● Prime Time	Mike
10:30 am	● Veterans Row	Gina
4:30 pm	● Group Train	Alison
5:15 pm	●● Barre N' Bounce	Sherry
5:30 pm	●● Core & Balance	Di
6:15 pm	**Performance Physical Therapy Workshop	Mark C.
6:15 pm	●● Cardio Box (pd)	Mike

### WEDNESDAY

5:30 am	● Spinning	Jamie
9:00 am	●● Pilates Sculpt	Sherry
4:30 pm	● Group Train	Di
4:30 pm	●● Mobility and Stretch	Mark C.
5:30 pm	●● Cardio Sculpt	Kerri
5:30 pm	● Indo-Row	Gina
6:00 - 6:30 pm	●● Jillian Michael's Body Shred	Sara

● Strength

● Stretch

● Cardio

- Spinning, TRXtra, Indo-Row, & Urban Rebounding classes require 24 hour sign up
- Specialty classes are paid classes (Pd)
- Classes will be canceled if less than 3 people attend

#### CLUB HOURS

Mon - Thur 5:00 am - 9:30 pm

Fri 5:00 am - 8:30 pm

Saturday 7:00 am - 5:00 pm

Sunday 7:00 am - 3:00 pm

### THURSDAY

5:30 am	●● Row & Weights	Gina
9:00 am	● Urban Rebounding	Sherry
11:30 am	● Indo-Row	Paul
12:30 - 1 pm	●● Yoga	Christine
5:30 pm	●● Obstacle Course Boot Camp	Mike
5:30 pm	●● Spinning	Kendra
6:00 pm	●● Jillian Michael's Body Shred	Sara

### FRIDAY

8:45 am	●● Cardio Kick & TRX	Di
9:00 am	●● Cardio Barre	Sherry

### SATURDAY

7:30 am	● Beach Body	Ali B
8:00 am	●● Step & Weights	Kerri
8:00 am	● Spinning	Kim
8:30 am	●● TRX	Di
9:30 am	● Learn to Spin (last Sat. of month)	Dom
11:00 am	● Learn to Row (first Sat. of month)	Paul

### SUNDAY

8:00 am	● Spinning	Dom
8:30 am	●● Kettlebells	Jessica
10:00 am	●● Interval Inferno (pd)	Kayla



#### NUTRITION TALKS:

Creating a Personal Menu Plan  
Monday, April 23, 2018

#### PHYSICAL THERAPY WORKSHOPS

Tuesday, April 24th Part IV  
Lower Back Pain Management

