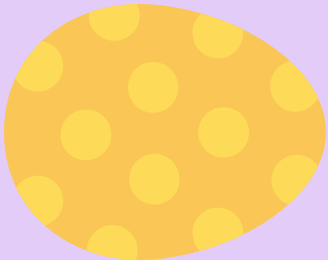


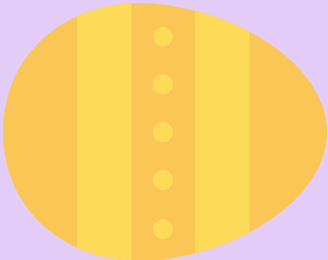


APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 7:00 AM YIN YOGA 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 1:00PM ZUMBA STEP	03 7:00 AM YIN YOGA **9:00 AM ZUMBA TONE 6:30PM HIIT	04 7:00AM YIN YOGA **9:00AM ZUMBA	05 7:00 AM YIN YOGA 6:30 PM HIIT	06 6:30 AM YIN YOGA 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	07 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
08	09 7:00 AM SUNRISE STRETCH 1:00PM ZUMBA STEP	10 **9:00AM ZUMBA TONE 6:30PM HIIT	11 **9:00AM ZUMBA	12 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	13 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	14 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
15	16 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY	17 *7:00 AM TRX TEAM - PRESEASON WORKOUT 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30PM HIIT	18 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY	19 *7:00 AM TRX TEAM DAY 8:00 AM SUNRISE STRETCH 9:00 AM AQUA FIT 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	20 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	21 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
22	23 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY	24 *7:00 AM TRX TEAM DAY 2 8:00 AM SUNRISE STRETCH 9:00AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30PM HIIT	25 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY	26 *7:00 AM TRX TEAM DAY 3 8:00 AM SUNRISE STRETCH 9:00 AM AQUA FIT 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	27 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	28 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
29	30 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 1:00PM ZUMBA STEP					



2018



TRX CLASSES ARE LIMITED TO 6 PEOPLE.

CLASSES ARE SUBJECT TO CHANGE.

*PLEASE SPEAK TO INSTRUCTOR BEFORE ATTENDING CLASS.
**CLASS WILL BE HELD IN THE TENNIS COURT.

PLEASE ARRIVE 10 MINUTES EARLY FOR EACH CLASS.