


April 2018 - Schedule of Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am *Bootcamp*	8:00am *Bootcamp*	8:00am *Bootcamp*	8:00am *Bootcamp*	8:00am *Bootcamp*	
9:10am Zumba+Tone & Trim (Laura E.) <hr/> 9:30am *Group Training*	9:10am STRONG by Zumba (Karla)	9:10am Zumba (Mary) <hr/> 9:30am *Group Training*	9:10am Zumba Toning (Ruth)	9:10am Step & Sculpt (Laura S.) <hr/> 9:30am *Group Training*	9:00am Zumba (Mary)
10:15am *Group Training*	10:15am *Group Training*	10:15am *Group Training*	10:15am *Group Training*	10:15am *Group Training*	
EVENING CLASSES					
4:30pm *Group Training*	1:00pm *Group Training* <hr/> 4:30pm *Group Training*	4:30pm *Group Training*	1:00pm *Group Training* <hr/> 4:30pm *Group Training*		
5:45pm *Bootcamp* <hr/> 6:00pm *Group Training*	5:45pm *Bootcamp* <hr/> 6:00pm *Group Training*	5:45pm *Bootcamp* <hr/> 6:00pm *Group Training* <hr/> 6:00pm Step & Sculpt (Laura S.)	5:45pm *Bootcamp* <hr/> 6:00pm *Group Training*	5:45pm *Bootcamp*	
7:00pm STRONG by Zumba (Karla)	7:00pm Zumba (Mary)	7:00pm Pound (Karla)	7:00pm Zumba (Karla)	7:00pm Zumba+Tone & Trim (Laura E.)	
7:00pm *Group Training* <hr/> 8:00pm Zumba Toning (Ruth)	7:00pm *Group Training*	7:00pm *Group Training*	7:00pm *Group Training*		

 Classes included in the Gym Membership

 Classes NOT included in the Gym Membership