

Group Fitness Schedule April 2023						NORTHEAST '' (p) Director I
30 SUN	1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT
MixedFit® 1:00 PM Regina K. Becca .	Power C.S.I. 5:30 AM Tiffany B.	Group Cycling 5:30 AM Chris B.	Step 5:30 AM Vann P.	Cycling Fusion® 5:30 AM Jared M.	Tabata 5:30 AM Jenny M.	Yoga 7:30 AM Kari M.
Water Fit Combo 3:30 PM Amanda M.	Water Fit Combo 5:30 AM Kat K.	Water Fit Combo 8:15 AM Linda L.	Water Fit Combo 5:30 AM Wendy H.	Strength Training 9:00 AM Lyndsay F.	Water Fit Combo 5:30 AM Jodi C.	Tabata 9:00 AM Jen E. Amy .
	Water Fit Combo 8:15 AM Michelle K.	Latin Hip Hop 9:00 AM Lyndsay F.	Water Fit Combo 8:15 AM Becky C.	Power C.S.I. 12:00 PM Sara D.	Water Fit Combo 8:15 AM Becky C.	
	Step 9:00 AM Renee B.	Power C.S.I. 9:00 AM Lyndsay F.	Cardio Blast 9:00 AM Renee B.	Fit For Life H2O 1:00 PM Sheila B.	Fit For Life Strength 9:00 AM Miriam L.	
	Enhance Fitness 10:30 AM Michelle K.	Power C.S.I. 12:00 PM Casey C.	Fit For Life Chair Stretch/Yoga 10:15 AM Cynthia N.	Pound® 4:35 PM Katie M.	Aqua Arthritis 11:00 AM Miriam L.	
	Fit For Life H2O 1:00 PM Mary S.	Fit For Life H2O 1:00 PM Sheila B.	Enhance Fitness 10:30 AM Cynthia N.	Power C.S.I. 5:30 PM Mollie M.	Yoga 5:30 PM Heather N.	
	Group Cycling 5:30 PM Bev H.	Power C.S.I. 5:30 PM Samantha M.	Aqua Arthritis 11:00 AM Michelle K.			
	Pound® 5:30 PM Katie M.	Yoga 6:30 PM Penny H.	Fit For Life H2O 1:00 PM Kathy T.			
	Water Fit Combo 5:30 PM Rolayne G.		Tabata 4:35 PM Jenny M.			
	Strength Training 6:30 PM Jolene M.		Group Cycling 5:30 PM Gary B.			
			Yoga 5:30 PM Jen E.			

**Water Fit
Combo**
5:30 PM
Rolayne G.

**Line
Dancing**
6:30 PM
Jared T.