

April Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		
5:45 A.M.	Rise and Grind Rhonda GES	Self Defense Al YG		Self Defense Al YG	Rise and Grind Rhonda GES		
8:00 A.M.	Aqua Stretch Sue H Pool	Yogalates Lisa GES	8:00 A.M.	Yogalates Lisa GES	Aqua Stretch Sue H Pool		
	Pilates Groove Rhonda GES	Water Fit Shawn Pool		Pilates Groove Rhonda GES	Water Fit Shawn Pool	Spin Holly GES2	
	Spin Holly GES2	Strength and Sculpt Lisa GES		Water Fit Sue H GES	Strength and Sculpt Lisa GES	Morning Stretch Dillon GES	
8:30 A.M.	Water Fit Sue H Pool	Balance and Mobility Nancy/Renee YG	9:00 A.M.	Dancing With Dina Dina GES	Balance and Mobility Nancy/Renee YG	8:30 A.M.	Aqua Dance Sue H Pool
9:00 A.M.	Dancing With Dina Dina GES	Barre Danielle GES	10:15 A.M.	Yoga Sue R GES	Barre Danielle GES	9:15 A.M.	Yoga Kellie GES
9:30 A.M.	Cycle and Core Victoria GES2	Gentle Water Fit Linda Pool	12:00 P.M.	Water Fit Marta Pool	Gentle Water Fit Linda Pool	10:15 A.M.	Power Yoga Kellie GES
10:15 A.M.	Yoga Stacy GES	Yoga Danielle GES	1:00 P.M.	Homeschool P.E. Dillon YG	Yoga Danielle GES	11:15 A.M.	Yoga Amanda GES
12:00 P.M.	Water Fit Marta Pool	Parkinsons Nancy GES2	4:15 P.M.	Dance Fusion Rhonda GES	Parkinson's Nancy GES2	12:00 P.M.	WaterFit Marta Pool
2:00 P.M.	Shred and Tread Dillon GES/Pool	Tabata Tuesday Jolynn GES	5:15 P.M.	Yoga Sheila GES	Kids in Motion Dillon YG	2:00 P.M.	Shred and Tread Dillon GES/Pool
4:00 P.M.	Kids In Motion Dillon YG	Spin Denise GES2	6:30 P.M.	RIP Denise GES	Shred Jolynn GES	5:00 P.M.	Yoga with a Focus Lena GES
4:15 P.M.	Step Challenge Jolynn GES	Water Fit Linda Pool	7:30 P.M.	Wing Tsun Ryan GES	Spin Denise GES2	6:15 P.M.	Lower Body Workout Mandy GES
5:00 P.M.	Water Fit Linda Pool	Yoga Denise GES			Water Fit Linda Pool		
5:10 P.M.	Yoga Amanda GES	Dance Fit Rhonda GES			Yoga Denise GES	8:00 A.M.	Yoga Flow Rachel GES
6:30 P.M.	RIP Denise GES				Upper Body Workout Mandy GES	6:45 P.M.	Wing Tsun Ryan GES
						10:15A.M.	Pilates Virtual GES
						11:00 A.M.	Gentle Water Fit Linda Pool
							Yoga Norbert GES



YG Youth Gym
 GES Group-Ex Studio
 GES2 Group-Ex Studio 2
 RB Racquetball
 Pool