

# April Group Exercise Classes



2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	♦ Cardio Sculpt Tammy	♦ Spin Jamie	♦ Cardio Sculpt Tammy	♦ Cardio Crazy Jamie	♦ Cardio Yo-Ga Tammy	
5:45 AM	▶ *Yoga Dan		▶ *Yoga Joan			
8:15 AM	♦ All in One Veta	♦ Body Burn Staci	♦ Boot Camp De'Anne	♦ Body Burn Staci	♦ Cardio Crazy De'Anne	• Kardio Krazier De'Anne
9:00 AM	■ Yolates Veta		♦ Zumba® Melissa			▶ Warm Yoga Ruth Ann
9:15 AM		♦ Yoga De'Anne		♦ Yoga De'Anne	♦ Pilates De'Anne	
10:00 AM		▶ Warm Yoga Ruth Ann		▶ Warm Yoga Ruth Ann		▶ All in One Veta
10:15 AM	▶ SilverSneakers® Yoga Stretch Earlene	♦ SilverSneakers® I MSROM Veta	♦ Senior's Cardio Circuit Veta	▶ Senior Group Cardio Earlene	♦ SilverSneakers® I MSROM Veta	
11:00 AM						■ Just Stretch Veta
12:00 PM	♦ Spin Staci	♦ Body Sculpting Lorna	♦ Kettle Cardio Dan	♦ Body Sculpting Lorna	♦ Max Tensity Jaimie	
4:25 PM	▶ Power Hour Jaimie			▶ Power Hour Jaimie		
4:30 PM		♦ Spin Lorna	♦ Pilates Lorna			
5:30 PM	♦ Spin Veta	♦ Fat Burning Frenzy Veta	♦ Spin Misti	♦ All in One Veta	♦ Spin Misti	
6:00 PM	♦ L.A.S Boot Camp Wendell		♦ L.A.S Boot Camp Wendell			
6:30 PM	♦ Yolates Veta	♦ Yolates Veta	♦ Step Melissa	♦ Yolates Veta		
7:30 PM	♦ Zumba® Melissa	♦ Zumba® Melissa	♦ Beginners Zumba® Melissa			

<b>Specialized Class:</b>	\$1 - Members	<b>New Class Senior Class</b>	<b>New Time</b>
	\$7 - Non-members		

<b>Length of class:</b>	■ 30 minutes ♦ 45 minutes ▶ 60 minutes • 90 minutes
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\*Please read *Group Exercise Descriptions* on the back for the location of these classes.