



DROP-IN FITNESS CLASSES

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	NO CLASSES	9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Power Walk & Weights Cindy
		12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Track/Turf Interval Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Suzie	
			1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Transform Gloria	
		5:30 - 6:20 PM Yoga Suzie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Get Ripped Zirkia	
7	8	9	10	11	12	13
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Power Walk & Weights Cindy
	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Track/Turf Interval Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Zumba Gloria	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Bosu Basics Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
14	15	16	17	18	19	20
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Power Walk & Weights Cindy
	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Track/Turf Interval Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Suzie	
	1:00 - 2:00 PM Light Adult Fitness Yoga Gloria		1:00 - 2:00 PM Light Adult Fitness Half Strength - Half Yoga Suzie		1:00 - 2:00 PM Light Adult Fitness Urban Poling Gloria	
	5:30 - 6:20 PM Speed Walk & Weights Cindy	5:30 - 6:20 PM Yoga Suzie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
21	22	23	24	25	26	27
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria	11:00AM - 12:00 PM Light Adult Fitness Track Interval Zirkia	9:30 - 10:20 AM Power Walk & Weights Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Track/Turf Interval Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Zumba Gloria		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia			
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Get Ripped Zirkia	
28	29	30				
		9:30 - 10:30 AM Easy Adult Fitness Gloria				
	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Core Workout Josie				
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria					
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Suzie				