



Group Fitness

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	5am Spin 1 7:30am Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30pm Spin	5am BodyPump 2 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	7:30am Chair Fitness 3 8:30am Basic Step 9:45am BodyBalance 4:45pm Spin 5:30pm BodyBalance	5am BodyPump 4 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	5
6	7 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	8 5am Spin 7:30am Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30pm Spin	9 5am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	10 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	11 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	12
13	14 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	15 5am Spin 7:30am Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30 Spin	16 5am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	17 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	18 Good Friday No Classes	19
20	21 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	22 5am Spin 7:30 Chair Fitness 8:30am Zumba 9:30am BodyBalance 5:30pm Spin	23 5am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	24 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	25 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	26
27	28 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	29 5am Spin 7:30 Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30pm Spin	30 5am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump			