



April 2019 Group Fitness Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
6:00 AM							Boot Camp Kevin (45min)						
7:00 AM			POWER by Erick (45 min.)										
7:50 AM			Yoga for Wellness George				Yoga for Wellness Andrea						
8:00 AM	Advanced BodyWRX Romel				Cardio Pump Romel				Advanced BodyWRX Peter		Zumba® Rebecca		
9:00 AM	Let's Get Fyzical Deb		Spin Wendy		Strength & Stretch Deb		Spin Wendy		Full Body Stretch Angie		(\$15) PD1 – RSB for Parkinson's Angie	Fyz-Flow L1 Bob	
10:00 AM	Transitions Deb	Zumba® Rebecca	Strength & Balance Angie		Transitions Deb	Zumba® Rebecca	Strength & Balance Angie		Transitions Deb	Zumba® Rebecca	(\$15) PD2 – RSB for Parkinson's Angie	ADVANCED Strength & Balance Deb (10:15 AM)	
11:00 AM	(\$15) PD1- RSB for Parkinson's Angie	HEART HEALTHY Romel	Adaptive Yoga Angie		ADVANCED Strength & Balance Deb	HEART HEALTHY Romel	Adaptive Yoga Angie		RSB PD1-PD2 Erick	Line Dancing Ivy	(\$10) - 11:15 AM Belly Dancing Sherry		
12:00 PM	(\$) Classical Ballet Miss Judi		(\$15) PD4 – RSB for Parkinson's Angie	Line Dancing Ivy	(\$15) PD1 – RSB for Parkinson's Angie		(\$15) PD4 – RSB for Parkinson's Angie		Fyz-Flow Yoga Basics 12:15 Bob (90 min.)				
1:00 PM & 1:30PM	(\$15) 1:30 RSB Women Fighting Parkinson's Angie		(\$15) 1:30 PD2 – RSB for Parkinson's Angie		(\$15) 1:30 RSB Women Fighting Parkinson's Angie		(\$15) 1:30 PD2 – RSB for Parkinson's Angie						
2:00 PM													
3:00 PM	(\$) Point Miss Judi		(\$) Children's Dance Miss Judi		(\$) Children's Dance Miss Judi		(\$) Children's Dance Miss Judi						
4:30 PM													
5:30 PM	Functional Training Michelle	Zumba® Rebecca	Fyz-Flow Yoga L2 Bob		Zumba® Rebecca		Athleticize Kevin		Buti Yoga (\$15) Natasha				
6:30 PM	Yoga for Wellness Joanne				6:20PM Zumba®Toning Rebecca		Yoga for Wellness Joanne						
7:30 PM													

BLUE SHADE = MEET AT THE BLUE TURF

Yellow Shade= New Classes or New Times

Specialty Dance Class (\$)

Gray Shade= MEET IN CARDIO AREA

RED-HIGH
INTENSITY

ORANGE-MEDIUM
INTENSITY