

April Group Fitness Schedule: April 1st-May 5th Schedule is subject to change. Please check online for the latest updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30am The Works Adriana CoreFit Studio	5:45 - 6:30am The Works Adriana CoreFit Studio	5:45 - 6:30am Active Recovery Adriana CoreFit Studio	5:45 - 6:30am The Works Adriana CoreFit Studio	5:45 - 6:30am The Works Adriana CoreFit Studio	8:30 – 9:15am Let's Ride! Carrie Spin Studio
9:15 - 10:15am Cardio Intensity Lisa H. CoreFit Studio	5:45 – 6:30am Cycle Paths Heather Spin Studio	9:15 – 10:15am Mechanics of Movement Rick B. CoreFit Studio	5:45 – 6:30am Cycle Paths Heather Spin Studio	9:15 – 10:00am Strength & Tone Kerry CoreFit Studio	9:00 – 10:00am Mechanics of Movement Rick B. CoreFit Studio
10:15 – 11:15am Yang-Yin Yoga Jessie Yoga Studio	9:15 – 10:00am Tabata Anne CoreFit Studio	10:30 – 11:15am Zumba Isabel CoreFit Studio	9:15 – 10:00am Core & More Anne CoreFit Studio	10:15 – 11:15am Stretch & Unwind Jenny Yoga Studio	10:00 – 11:15am Yoga Flow + Susan Yoga Studio
10:30 – 11:15am Step Lisa H. CoreFit Studio	10:15 – 11:15am Gentle Hatha Anne-Marie Yoga Studio	10:30 – 11:30am Movement & Mobility Rick B. Yoga Studio	10:15 – 11:15am Slow Flow Jenny Yoga Studio	12:00 – 12:45pm Let's Ride! Carrie Spin Studio	Sunday
12:00 – 12:45pm Slow Flow Jenny Yoga Studio	10:30 – 11:30am Kettlebell Strength & Conditioning Rick B. CoreFit Studio	5:45 – 6:45pm Power Hour Steve S. CoreFit Studio	10:30 – 11:30am Balance & Strength Megan CoreFit Studio	12:00 – 12:45pm Reset & Refresh Yoga Kerry Yoga Studio	
5:30 – 6:30pm Power Yoga (Hot) Robyn Yoga Studio	12:00 – 12:45pm Cycle Paths Heather Spin Studio	6:00 – 6:45pm Drills & Hills Steve W. Spin Studio	5:45 – 6:30pm Circuit Training Kerry CoreFit Studio	5:30 – 6:30pm Slow Flow (Hot) Robyn Yoga Studio	10:00 – 11:00am Slow Flow Jessie Yoga Studio
5:45 – 6:45pm Power Hour Steve S. CoreFit Studio	5:45 – 6:30pm Zumba Isabel CoreFit Studio	7:30 – 8:30pm Yin Yoga Lisa R. Yoga Studio	6:00 – 6:45pm Rhythmic Ride Chris Spin Studio		4:15 – 5:15pm Power Yoga (Hot) Various Instructors Yoga Studio
6:00 – 6:45pm Drills & Hills Steve W. Spin Studio	6:00 – 6:45pm Remix Cycle Chris Spin Studio		6:00 – 7:00pm Power Yoga (Hot) Robyn Yoga Studio		5:30 – 6:30pm Stretch & Unwind (Hot) Various Instructors Yoga Studio
7:00 – 8:00pm Stretch & Unwind (Warm) Robyn Yoga Studio	6:00 – 7:00pm Stretch & Unwind (Hot) Lisa R. Yoga Studio				
	6:45 – 7:45pm The Dog Pound Steve S. CoreFit Studio				

