



APRIL GROUP EX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Yoga Payal Studio	 NEW	9:15-10:00am Aqua Splash Betty Pool	9:15-10:10am Pilates* EJ Studio	8:55-9:55am Yoga Nancy Studio	 NEW	8-8:45am Free Style Spin Nancy Group Cycling
9:30-10:15am Aqua Fit Elenamarie Pool	8:30-9:30am Yoga Payal Studio	9-9:55am Cardio Fit Jeanine Studio	10:15-11:10am Zumba EJ Studio	 NEW 9:30-10:25 Senior Spin Betty Group Cycling	 NEW 8:00-9:00am Aqua Bootcamp Elenamarie Pool	8:00-9:00am Water Aerobics Greg Pool
 4/22 10:00-10:50am Spin Monica Group Cycling	9:30-10:30am Zumba Sirvidya Studio	10-10:55am Chair Yoga Nancy Studio	 NEW 10:00-10:45am Aqua Sculpt Elenamarie Pool	10-10:55am Zumba Jeanine Studio	9-10:00am Yoga Nancy Studio	8:55-9:55am Yoga Nancy Studio
10:30-11:20am Forever Fit Elenamarie Studio	10:30-11:30am Silver Sneakers Classic Christyna	 NEW 11:30-12:15 Forever Fit Elenamarie Studio	 NEW	 NEW 10:30-11:15am Aquacise Christyna Pool	10-11:00am Chair Yoga Nancy Studio	
			5:30-6:30pm Cardio Kickboxing Debbie Studio	 NEW	11-11:55am Group Cycle Debbie Group Cycling	9-9:55am Boot Camp Giovanni Gym 2
6:30-7:30pm Tai Kick Lori Studio	6:30-7:30pm Zumba Jeanine Studio	6:30-7:30pm HIIT Giovanni Studio	6:30pm-7:30pm Yoga Kara Studio	 NEW 11:30-12:15 Silver Sneakers Classic Christyna Studio		10-10:55am Zumba Srividya Studio
7:30-8:30pm Zumba Gina Studio	7:00-8:00pm Group Cycle Debbie Group Cycling	6:30pm-7:30pm Group Cycle Debbie Group Cycling	7:30pm-8:30pm Zumba Sobhanna Studio			