

APRIL 2026

	APR 1-3	APR 6-10	APR 13-17	APR 20-24	APR 27-30
M		9:30 am Tone & Tighten Teacher: Shayna Meets in Building B Nursery Provided	9:30 am Tone & Tighten Teacher: Shayna Meets in Building B Nursery Provided	9:30 am Tone & Tighten Teacher: Shayna Meets in Building B Nursery Provided	9:30 am Tone & Tighten Teacher: Shayna Meets in Building B Nursery Provided
T		9:30 am Pilates (Beginner/Intermediate) Teacher: Cindy Meets in Building B	9:30 am Pilates (Beginner/Intermediate) Teacher: Cindy Meets in Building B	9:30 am Pilates (Beginner/Intermediate) Teacher: Cindy Meets in Building B	9:30 am Pilates (Beginner/Intermediate) Teacher: Cindy Meets in Building B
W	9:30 am Cardio Sculpt (Intermediate) Teacher: Janice 10:35 am Slow Flow Yoga (Beginner) Teacher: Linda Both classes meet in Bldg. B	9:30 am Cardio Sculpt (Intermediate) Teacher: Janice 10:35 am Slow Flow Yoga (Beginner) Teacher: Linda Both classes meet in Bldg. B	9:30 am Cardio Sculpt (Intermediate) Teacher: Mickey 10:35 am Slow Flow Yoga (Beginner) Teacher: Linda Both classes meet in Bldg. B	9:30 am Cardio Sculpt (Intermediate) Teacher: Shayna 10:35 am Slow Flow Yoga (Beginner) Teacher: Linda Both classes meet in Bldg. B	9:30 am Cardio Sculpt (Intermediate) Teacher: Mickey 10:35 am Slow Flow Yoga (Beginner) Teacher: Linda Both classes meet in Bldg. B
T	No Fitness Classes today set-up for Maundy Thursday Services.	8:30 am Barre Teacher: Shayna 9:30 am Zumba (Beginner/Intermediate) Teacher: Cindy Meets in Building B	8:30 am Barre Teacher: Shayna 9:30 am Zumba (Beginner/Intermediate) Teacher: Cindy Meets in Building B	8:30 am Barre Teacher: Shayna 9:30 am Zumba (Beginner/Intermediate) Teacher: Cindy Meets in Building B	8:30 am Barre Teacher: Shayna 9:30 am Zumba (Beginner/Intermediate) Teacher: Cindy Meets in Building B
F	8:30 am Boot Camp (Intermediate/Advanced) Teacher: Shayna 9:30 am Stretch (Beginner) Teacher: Shayna Both Classes meet in Building B and have Nursery Provided	8:30 am Boot Camp (Intermediate/Advanced) Teacher: Shayna 9:30 am Stretch (Beginner) Teacher: Shayna Both Classes meet in Building B and have Nursery Provided	8:30 am Boot Camp (Intermediate/Advanced) Teacher: Shayna 9:30 am Stretch (Beginner) Teacher: Shayna Both Classes meet in Building B and have Nursery Provided	8:30 am Boot Camp (Intermediate/Advanced) Teacher: Shayna 9:30 am Stretch (Beginner) Teacher: Shayna Both Classes meet in Building B and have Nursery Provided	