



APRIL-PARKER

Weekend Group Exercise Schedule

Sunday, April 1st

EASTER. NO CLASSES HELD.

Saturday April 7th

9:00-10:00am Cycling- Amanda

9:00-10:00am Zumba/Toning- Emily

Sunday, April 8th

7:30-8:30am-Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

Saturday, April 14th

9:00-10:00am Cycling- Amanda

9:00-10:00am Zumba/Toning-Emily

Sunday, April 15th

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

Saturday, April 21st

9:00-10:00am Cycling- Jana

9:00-10:00am Zumba/Toning-Emily

Sunday, April 22nd

7:30-8:30am Group Power (Strength Train Together)-

LAUNCH: Diane J. and Andrea

9:00-10:00am Zumba-Emily

Saturday, April 28th

9:00-10:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

Sunday, April 29th

7:30-8:30am Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba- Emily