

 **April 2019**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 6:00-7:00 AM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 7:00-8:00 AM |  |  |  |  |  |  |
| 8:15-9:00 AM |  |  |  |  | **Yoga** |  |
| 9:00-10:00 AM |  |  |  |  |  |  |
| 10:00-11:00 AM | **Senior Volleyball** |  |  |  | **Senior Volleyball** | **Rockin’ the Ball** |
| 11:00-12:00 AM | **Senior Volleyball** |  |  |  | **Senior Volleyball** |  |
| 12:00-1:00 PM |  | **Spin** | **Yoga** | **Spin** |  |  |
| 12:00-1:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 4:00-5:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 4:30-5:30 PM | **Beginners Yoga** |  | **Beginners Yoga** |  |  |  |
| **Core and More** |  | **Core and More** |  |  |  |
| 5:00-6:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 5:30-6:30 PM |  | **Mash Up** |  | **Yoga** |  |  |
| 5:30-6:00 PM | **Beginning Spin** |  | **Beginning Spin** |  |  |  |
| 5:30-6:00PM | **Butts & Guts** |  |  |  |  |  |
| 6:00-7:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 6:30-7:00 PM |  |  |  | **Butts & Guts** |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **COLOR KEY** | **STUDIO 1** | **STUDIO 2** | **STUDIO 3**  | **WEIGHT ROOM** | **CARDIO ROOM** |



**CORE AND MORE/ ROCKIN’ THE BALL –** This class will focus on precise movements that will develop core strength, flexibility, balance, and stamina. Appropriate for all fitness levels.

**SENIOR FITNESS-** Experience a variety of exercises designed to improve muscular strength, range of motion, and the activities of daily living. A chair is always available if needed. All fitness levels.

**YOGA -** Experience a variety of poses that increase your strength, balance, and flexibility. Great for relieving stress after a long day! Appropriate for all fitness levels!

**CROSSFIT-** A high-intensity fitness program incorporating elements from several sports and types of exercise.

**R.I.P.P.E.D-** Resistance, interval, power, plyometric, endurance, diet, and core.

**SPIN-** Indoor cycling class that focuses on improving endurance and strength.