



# April 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
	1		2		3		4		5		6
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND		8:15a DanceFit w/ Tiff 9:30a Silver Sneakers w/ Tiff 5:30p AMPD Fusion		5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga		5:15a Cycling 8:15a Dance/Fit 9:30a Silver Sneakers w/ Michele 5:30p Strong Nation		8:15a Yoga		7:00a NO CLASS 7:30a NO CLASS 8:15a POUND w/ Erin	
	8		9		10		11		12		13
5:00a H.I.R.T. 8:15a Yoga 4:30p AMPD Fusion 5:30p POUND		8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion		5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga		5:15a Cycling 8:15a Yoga w/ Jennifer 9:30a Silver Sneakers w/ Molly 5:30p Tabata		8:15a Yoga		7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather E	
	15		16		17		18		19		20
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND		8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion		5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga		5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation		8:15a Yoga		7:00a H.I.R.T. 7:30a Waisted 8:15a POUND Unplugged w/ Erin	
	22		23		24		25		26		27
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND		8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion		5:00a H.I.I.T. 8:15a Muscle works 5:15p Yoga		5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata		8:15a Yoga		7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Heather C	
	29		30								
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND		8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion									

**Plus Membership:** Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$35.95/Month plus tax.

**Group Exercise Membership: Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$29.95/Month plus tax.

**Group Exercise Punch Card:** Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55

**Cycling Class:** Pre registration Required - Class registration will open each Saturday for the following week's classes.