

# April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> <b>CLOSED</b> 	<b>2</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Yoga</b> 6:30-7:15am <b>AM Mix</b> 9:30-10am <b>Under 18 swim</b> 1-8:30pm	<b>3</b> <b>Fit in 30</b> 5:45- 6:15am <b>Ab Lab</b> 7:00-7:30am <b>Aquafit</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10:00am <b>PiYo</b> 5:30-6:15pm	<b>4</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Line Dancing</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10:00am <b>Body Tone Circuit</b> 5:30-6:00pm	<b>5</b> <b>Fit in 30</b> 5:45-6:15am <b>Water Aerobics</b> 9:30-10:00am <b>PiYo</b> 5:30-6:15pm	<b>6</b> <b>Friday Funday</b> 5:45-6:15am <b>Aquafit</b> 8:15-9:15am	<b>7</b> <b>Under 18 Swim</b> 12:00-4:00pm <b>Water Aerobics</b> 9:15-10:00am <b>Sample Saturday</b> (see front for details)	
<b>8</b> <b>Under 18 Swim</b> 1:00-4:30pm	<b>9</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Yoga</b> 6:30-7:15am <b>AM Mix</b> 9:30-10am	<b>10</b> <b>Fit in 30</b> 5:45-6:15am <b>Ab Lab</b> 7:00-7:30am <b>Aquafit</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10:00am <b>No PiYo</b>	<b>11</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Line Dancing</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10:00am <b>Body Tone Circuit</b> 5:30-6:00pm	<b>12</b> <b>Fit in 30</b> 5:45-6:15am <b>Water Aerobics</b> 9:30-10:00am <b>PiYo</b> 5:30-6:15pm	<b>13</b> <b>Friday Funday</b> 5:45-6:15am <b>Aquafit</b> 8:15-9:15am	<b>14</b> <b>Under 18 Swim</b> 12:00-4:00pm <b>Water Aerobics</b> 9:15-10:00am	
<b>15</b> <b>Under 18 Swim</b> 1:00-4:30pm	<b>16</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Yoga</b> 6:30-7:15am <b>AM Mix</b> 9:30-10am	<b>17</b> <b>Fit in 30</b> 5:45-6:15am <b>Ab Lab</b> 7:00-7:30am <b>Aquafit</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10:00am <b>PiYo</b> 5:30-6:15pm	<b>18</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Line Dancing</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10:00am <b>Body Tone Circuit</b> 5:30-6:00pm	<b>19</b> <b>Fit in 30</b> 5:45-6:15am <b>Water Aerobics</b> 9:30-10:00am <b>PiYo</b> 5:30-6:15pm	<b>20</b> <b>Friday Funday</b> 5:45-6:15am <b>Aquafit</b> 8:15-9:15am	<b>21</b> <b>Under 18 Swim</b> 12:00-4:00pm <b>Water Aerobics</b> 9:15-10:00am	
<b>22</b> <b>Under 18 Swim</b> 1:00-4:30pm	<b>23</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Yoga</b> 6:30-7:15am <b>AM Mix</b> 9:30-10am	<b>24</b> <b>Fit in 30</b> 5:45-6:15am <b>Ab Lab</b> 7:00-7:30am <b>Aquafit</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10:00am <b>PiYo</b> 5:30-6:15pm	<b>25</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Line Dancing</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10:00am <b>Body Tone Circuit</b> 5:30-6:00pm	<b>26</b> <b>Fit in 30</b> 5:45-6:15am <b>Water Aerobics</b> 9:30-10:00am <b>No PiYo</b>	<b>27</b> <b>Friday Funday</b> 5:45-6:15am <b>Aquafit</b> 8:15-9:15am	<b>28</b> <b>Under 18 Swim</b> 12:00-4:00pm <b>No Water Aerobics</b>	
<b>29</b> <b>Under 18 Swim</b> 1:00-4:30pm	<b>30</b> <b>No Classes Today</b>						<p style="text-align: center;"><b>April 21-26</b></p> <p style="text-align: center;"><b>Proceeds Benefit Relay For Life</b></p> <p style="text-align: center;">Bring in any unwanted items for the garage sale. Please no clothing or electronics!</p>