



April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] <i>express</i> Heidi		SPINNING[®] <i>express</i> Stan		
8:00AM				Les Mills SPRINT-Spin Heidi		SPINNING[®] TBD	
8:30AM	Cardio/ Core Kim	Les Mills BodyPump Diane	Cardio/ Strength Kim	Barre Fusion Missy	SPINNING[®] Kim YOGA Missy	Les Mills BodyPump Erin	YOGA (all levels) TBD
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Sabrina		
11:00AM	Silver Sneakers Sue	YOGA Carmen	Silver Sneakers Sue	YOGA (all levels) TBD	Silver Sneakers Sue		
12:00PM				TAI CHI Carmella			
5:30PM	SPINNING[®] Stan Les Mills BodyPump Diane	SPINNING[®] Cindy	Les Mills BodyPump Diane	SPINNING[®] Vicky			
6:15PM							
6:30PM	Les Mills Core Diane		Les Mills Core Diane				

*check emails for Zoom logins & recordings
 ** Schedule is subject to change
 last updated: 4/01/24

GROUP FITNESS FEEDBACK
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 TEXT "GFS" to 52236 for NFF Updates