





Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30am Zumba® – April 4:15pm Body Defined – Courtney 5:15pm Vinyasa Yoga – Kim 6:30pm Tabata— Katrina	3 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump - Katrina	4 9:15am Zumba® - Miriam 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Tammy	5 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:00pm Gentle Yoga - April W. 6:00pm Unbeliev-a-Ball – Tracy	6 9:30am Zumba® - April	7 9:00am Zumba® - April 10:00am Muscle Pump – April
8 	9 Columbus Day 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm Countdown — Katrina	10 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer - Katrina	11 9:15am Zumba® - Miriam 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Michele	12 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:00pm Gentle Yoga - April W. 6:00pm Unbeliev-a-Ball – Tracy	13 9:30am Zumba® - April	14 9:00am Zumba® - April 10:00am Muscle Pump – April
15 October is Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. Lower your risk of breast cancer with regular physical activity, weight control and healthy eating.	16 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm Minute Mania —Katrina	17 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump - Melani	18 9:15am Zumba® - Miriam—Wear PINK! 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Michele	19 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:00pm Gentle Yoga - April W. 6:00pm Unbeliev-a-Ball – Tracy	20 9:30am Zumba® - April	21 Halloween Fun Run & 5k @ Heritage Library 9:00am Zumba® - Marcie 10:00am Muscle Pump—Tracy
22	23 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm 3-2-1 —Melani	24 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer - Melani	25 9:15am Zumba® - Miriam 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Christine	26 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:00pm Gentle Yoga - Christine 6:00pm Unbeliev-a-Ball – Tracy	27 9:30am Zumba® - April	28 9:00am Zumba® - April 10:00am Muscle Pump – April
29	30 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga – Kim 6:30pm Power Step — Katrina	31 Halloween 7:30am Halloween Zumba® - Marcie 9:00am Yoga - Tammy NO 6:30pm Muscle Pump 				Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm