



**April 1 – April 26**

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5:00am				<b>Spin</b> (w/ Maurice)		
5:30am			<b>Boxmaster</b> (w/ Maurice)			
6:00am						
8:00am		<b>Fun</b> (w/ Anita)		<b>Fun</b> (w/ Anita)		
9:00am						
9:30am						<b>MixedFit</b> <i>*First Sat. of each month</i>
3:00pm		<b>Parkinson's Program</b> <b>Boxmaster</b> (w/ Alecia)				
3:30pm				<b>Parkinson's Program</b> <b>Boxmaster</b> (w/ Alecia)		
4:15pm						
4:45pm		<b>Boxmaster</b> (w/ Alicia)		<b>Boxmaster</b> (w/ Alecia)		
5:15pm						
5:30pm	<b>Spin</b> (w/ Maurice)			<b>HITT</b> (w/ Alecia)		
6:00pm	<b>MixedFit</b> (w/ Carisa)		<b>MixedFit</b> (w/ Carisa)			

Fun	8:00am	T/TH	Come and be surprised – you will have FUN! You might be faced with resistances bands, TRX, or even medicine balls!  <b>1X a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
HIIT	5:30pm	TH	High Intensity Interval Training. Best form of workout when training to burn those calories and get the heart rate up!  <b>1X a week, monthly: \$20.00 member \$40.00 non</b>
Bleacher			<i>On hold for the “colder” months.</i>
Boxmaster	4:45pm 5:30am	T/TH W	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster.  <b>Monthly: \$20.00 member \$40.00 non</b>
Parkinson’s Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance.  <b>1x a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
Spin	5:30pm 5:00am	M TH	Jump on one of our indoor bikes to get your sweat on.  <b>Monthly: \$20.00 member \$40.00 non</b>
MixxedFit	6:00pm 9:30am	M/W S	Aerobic dance class that is easy to follow – for ALL fitness levels.  <b>Drop-in rate: \$5 per class for all</b>

**\*\*\*PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.**