



April Aerobic Schedule

Monday					
Group X #1			Group X #2		
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Low Impact	Terrie	9:00-9:45	Total Body	Nikki
10:00-10:45	Cardio Sculpt	Brandy	10:00-10:45	Yoga Stretch	Terrie
			11:00-12:00	Yoga Fusion	Brandy
4:30-5:15	Step	Dyanna	4:00-4:45	KidsFit	Staff
5:30-6:15	Bootcamp	Dustin	5:30-6:15	Ballet Fit	Dyanna
6:30-7:15	FitDance	Dyanna			
Tuesday					
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Body Sculpt	Brandy			
10:00-10:30	30 Min Abs & Core	Brandy	10:00-10:45	Yoga Motion	Terrie
			11:00-11:45	Gentle Flow Yoga	Terrie
4:30-5:15	Step	Dyanna	4:00-4:45	KidsFit	Staff
6:30-7:15	FitDance	Dyanna	5:30-6:15	Ballet Fit	Dyanna
Wednesday					
9:00-9:45	Total Body	Nikki			
10:00-10:45	Power Pilates	Brandy	10:00-10:45	Ballet Fit	Dyanna
			11:00-12:00	Yogalates	Brandy
4:00-4:45	KidsFit	Staff			
Thursday					
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Body Sculpt	Brandy			
10:00-10:45	Low Impact	Terrie	10:00-10:30	30 Min Abs & Core	Brandy
			11:00-11:45	Gentle Flow Yoga	Terrie
4:30-5:15	Step	Dyanna	4:00-4:45	KidsFit	Staff
5:30-6:15	FitDance	Dyanna	5:30-6:15	Bootcamp	Dustin
6:30-7:15	Strength & Cardio	Amy			
Friday					
9:00-9:45	Step	Nikki	10:00-10:45	Ballet Fit	Dyanna
10:00-10:45	Cardio, Kickboxing & Cc	Brandy	11:00-12:00	Yoga Fusion	Brandy

We do not supply Yoga Mats