

APRIL 2017

\$40 Unlimited Spin & Yoga classes- \$12 Drop in fee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NEW TIME FOR SPIN ON TUESDAY!				1 8:☺☺ am ABS! 9:00 am SPIN 10:15 YOGA
2 Century Ride Look on app for time	3 6:☺☺ am SPIN 9:00 am SPIN 6:30 pm SPIN	4 6:☺☺ TRX 9:00 AM TOTAL BODY 10:00 SPIN 4:00 pm SPIN 4:30, 5:30 or 7 45 min LOWER	5 6:☺☺ am SPIN 9:00 am SPIN 6:30 pm TOTAL BODY	6 6:☺☺ am TRX 9:00 AM TOTAL BODY 10:00 SPIN 4:30, 5:30 or 7 45 min UPPER 6:30 pm SPIN	7 7:☺☺ am Resistance Bands 9:00 am SPIN 6:00 pm Totally Drenched! 2 hours!	8 8:☺☺ am 800 ABS! 9:00 am SPIN 9:00 am Glutes/Biceps
9 Century Ride Look on app for time 6:00 pm Family Fitness!	10 6:00 am SPIN 9:00 am SPIN 6:30 Tread n Shred	11 6☺☺ Body Ball Blast 9:00 AM TOTAL BODY 10:00 SPIN 4:00 pm SPIN 4:30, 5:30 or 7pm 45 min UPPER 6:30 SPIN	12 9:00 am Resistance Band 10:00 SPIN 6:30 PoP Pilates	13 6:00 am TRX 9:00 AM TOTAL BODY 10:00 SPIN 4:30, 5:30 or 7 pm 45 min LOWER 6:30 SPIN	14 7:☺☺ am TRX 9:00 am SPIN 6:30 pm BOOTY DUTY!	15 8:☺☺ am Body Ball Blast! 9:☺☺ Tank Top Ready! 9:00 am SPIN 10:15 YOGA
16 Happy Easter!	17 6:00 am SPIN 9:00 am SPIN 6:☺☺ pm PoP Pilates 6:30 pm SPIN	18 9:00 AM TOTAL BODY 10:00 SPIN 4:30, 5:30 or 7 45 min LOWER	19 6:00 am BOXING 9:00 am BOXING 6:00 pm BOXING! 7:00 pm SPIN	20 6:00 am TRX 9:00 AM TOTAL BODY 10:00 SPIN	21 9:00 am SPIN	22 8:☺☺ am ABS! 9:☺☺ LOWER! 9:00 am SPIN
23 Century Ride Look on app for time	24 6:00 am SPIN 9:00 am SPIN 6:30 -7:30 pm BOOT CAMP!	25 6:00 am Kettle Bells 9:00 AM TOTAL BODY 10:00 SPIN 4:00 pm Spin 4:30, 5:30 or 7 45 min LOWER 6:30 pm SPIN	26 6:☺☺ am SPIN 9:00 am SPIN 6:00 pm BARBELL CLASS!	27 6:00 am TRX 9:00 AM TOTAL BODY 10:00 SPIN 4:30, 5:30 or 7 45 min UPPER 6:30 pm SPIN	28 7:☺☺ am TRX 9:00 am SPIN 6:30 -7:30 pm BOOT CAMP!	29 8:☺☺ am AB-TASTIC! 9:00 am Biceptriceps shouldersback 9:00 SPIN