



DROP-IN FITNESS CLASSES

April 2025

SUN		MON		TUE		WED		THU		FRI		SAT	
				1		2		3		4		5	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:20 AM</u> Stride & Strength <i>Cindy</i>	
				<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Turf/Track Interval <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Shelly</i>		<u>12:15 - 12:45 PM</u> Stretch Class <i>Zirkia</i>			
						<u>1:00 - 2:00 PM</u> Light Adult Fitness Spin Interval <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Zumba <i>Zirkia</i>			
				<u>5:30 - 6:20 PM</u> Yin Yoga <i>Josie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Shay</i>		<u>5:30 - 6:20 PM</u> Kickboxing <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Get Ripped <i>Zirkia</i>			
6		7		8		9		10		11		12	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:20 AM</u> Circuit <i>Cindy</i>	
		<u>12:15 - 12:45 PM</u> Spin <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Josie</i>		<u>12:15 - 12:45 PM</u> Turf/Track Interval <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Josie</i>		<u>12:15 - 12:45 PM</u> Yoga <i>Suzie</i>			
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Urban Poling <i>Gloria</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Yoga <i>Suzie</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Cardio <i>Suzie</i>			
		<u>5:30 - 6:20 PM</u> Speed Walk & Weights <i>Zirkia</i>		<u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Josie</i>		<u>5:30 - 6:20 PM</u> Step Into Fitness <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Strength Core & Balance <i>Cindy</i>			
13		14		15		16		17		18		19	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>		NO CLASSES		<u>9:30 - 10:20 AM</u> Stride & Strength <i>Cindy</i>	
		<u>12:15 - 12:45 PM</u> Spin <i>Josie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Turf/Track Interval <i>Josie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Suzie</i>					
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Yoga <i>Gloria</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Spin <i>Suzie</i>							
		<u>5:30 - 6:20 PM</u> Stride & Strength <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Yin Yoga <i>Josie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>		<u>5:30 - 6:20 PM</u> Body Sculpt <i>Cindy</i>					
20		21		22		23		24		25		26	
		NO CLASSES		<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:20 AM</u> Stride & Strength <i>Cindy</i>	
				<u>12:15 - 12:45 PM</u> Core Workout <i>Josie</i>		<u>12:15 - 12:45 PM</u> Track/Turf Interval <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Josie</i>		<u>12:15 - 12:45 PM</u> Yoga <i>Suzie</i>			
						<u>1:00 - 2:00 PM</u> Light Adult Fitness Toned & Stretch <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Track Interval <i>Zirkia</i>			
						<u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Josie</i>		<u>5:30 - 6:20 PM</u> Kickboxing <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Get Ripped <i>Zirkia</i>	
27		28		29		30							
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>									
				<u>12:15 - 12:45 PM</u> Spin <i>Josie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Track/Turf Interval <i>Josie</i>					
				<u>1:00 - 2:00 PM</u> Light Adult Fitness Zumba <i>Gloria</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Stretch <i>Zirkia</i>					
				<u>5:30 - 6:20 PM</u> Speed Walk & Weights <i>Zirkia</i>		<u>5:30 - 6:20 PM</u> Yin Yoga <i>Josie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>					