Updated 3/28/2019

April 2019 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 5:30-6:30p TaiChi 太极 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Jackie**	2 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极- 5:40-6:10p POUND® 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics 6:30-7:30p Yoga - **Abby**	3 9-10a PHITT 10:30–11:30a Yoga- **Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Jackie**	4 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	5 9-9:45a GIT Fit 10:30–11:30a Yoga- **Michela**	6
7	8 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 5:30-6:30p TaiChi 太极 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Stacey**	9 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极- 5:40-6:10p POUND® 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics 6:30-7:30p Yoga - **Abby**	10 9-10a PHITT *10:30–11:30a Yoga-* **Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Stacey**	11 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	12 9-9:45a GIT Fit 10:30–11:30a Yoga- **Michela**	13
14	15 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 5:30-6:30p TaiChi 太极 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Jackie**	16 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30aTaiChi 太极 5:40-6:10 POUND® 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics 6:30-7:30p Yoga- **Abby**	17 9-10a PHITT 10:30–11:30a Yoga- **Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Jackie**	18 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	19 9-9:45am GIT Fit 10:30–11:30a Yoga- **Michela**	20
21	22 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®-**Stacey**	23 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极 5:40-6:10 POUND® 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics 6:30-7:30p Yoga - **Abby**	24 9-10a PHITT 10:30–11:30a Yoga- **Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Stacey**	25 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	26 9-9:45a GIT Fit 10:30–11:30a Yoga- **Michela**	27
28	29 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Jackie**	30 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极 5:40-6:10 POUND® 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics 6:30-7:30p Yoga- **Abby**				