Update 4/1/18

April 2018 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:45-6:30a Boot Camp 9-10a Mix It Up Monday 9-10a Water Aerobics-**Bea** 10:15-11a Pilates 4:35-5:05p Quick Fit *POUND® The rockout.* *Workout. coming April 16th!* 6:15-7:15p Zumba® 6:15-7:15p Water Aerobics ***NEW 6:30-7:30p Yoga-Abby***	3 5:45-6:30a Boot Camp-Christa 9-10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Dance Aerobics 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Water Aerobics	4 5:45-6:30a Boot Camp 9-10a Water Aerobics-**Amy** 9-9:45a GIT Fit 10-10:45a Pilates 4:35-5:05p Quick Fit 6:15-7:15p Strong by Zumba®	5 5:45-6:30a Boot Camp 9-10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20 Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba® -**Alisha** 6:15-7:15p Water Aerobics -**Amy**	6 9-10a Water Aerobics-A**my** 9-9:45a Quick Fit 5:30-6:30p Yoga-**Silke**	7 9:30-10:30a Zumba® - **Angie**
8	9 5:45-6:30aBoot Camp 9-10a Mix It Up Monday 9-10a Water Aerobics-**Bea** 10:15-11a Pilates 4:35-5:05p Quick Fit *POUND® The rockout.* *Workout. coming April 16th!* 6:15-7:15p Zumba® 6:15-7:15p Water Aerobics ***NEW 6:30-7:30p Yoga-Abby***	10 5:45-6:30aBoot Camp-Christa 9-10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Dance Aerobics 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Water Aerobics	11 5:45-6:30a Boot Camp 9-10a Water Aerobics-**Amy** 9-9:45a GIT Fit 10-10:45a Pilates 4:35-5:05p Quick Fit- **Will** 6:15-7:15p Strong by Zumba® ****Coming this month**** ***6-7p Yoga –Check board for exact start date***	12 5:45-6:30a Boot Camp 9–10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba® -**Alisha** 6:15-7:15p Water Aerobics	13 9-10a Water Aerobics-Taryn 9-9:45a Quick Fit 5:30-6:30p Yoga-**Silke**	14 9:30-10:30a Quick Fit - **Will**
15	16 5:45-6:30a Boot Camp 9-10a Mix It Up Monday 9-10a Water Aerobics-**Bea** 10:15-11a Pilates 4:35-5:05p Quick Fit- **Will** ***NEW 5:30-6p POUND®*** 6:15-7:15p Zumba® 6:15-7:15p Water Aerobics ***NEW 6:30-7:30p Yoga-Abby***	17 5:45-6:30a Boot Camp-Christa 9-10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Dance Aerobics 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Water Aerobics	18 5:45-6:30a Boot Camp 9-10a Water Aerobics-**Amy** 9-9:45a GIT Fit 10-10:45a Pilates 4:35-5:05p Quick Fit- **Will** 6:15-7:15p Strong by Zumba® ****Coming this month**** ***6-7p Yoga –Check board for exact start date***	19 5:45-6:30a Boot Camp 9-10a Forever Young-**Bea** 9-10a Forever Young 9-10a Deep Water 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba® -**Alisha** 6:15-7:15p Water Aerobics	20 9-10a Water Aerobics- Taryn 9-9:45a Quick Fit *5:30-6:30p NO Yoga Today*	21 9:30-10:30a Quick Fit - **Will**

22	23 5:45-6:30a Boot Camp *9-10a Mix It Up Monday – NO CLASS TODAY* 9-10a Water Aerobics-**Bea** 10:15-11a Pilates 4:35-5:05p Quick Fit- **Will** ***NEW5:30-6p POUND®*** 6:15-7:15p Zumba® 6:15-7:15p Water Aerobics ***NEW 6:30-7:30p Yoga-Abby***	24 5:45-6:30a Boot Camp-Christa 9-10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Dance Aerobics 4:35-5:05p Quick Fit-**Bea** 5:30-6:30 Cycle 6:15-7:15p Water Aerobics	25 5:45-6:30a Boot Camp 9-10a Water Aerobics-**Amy** 9-9:45a GIT Fit 10-10:45a Pilates 4:35-5:05p Quick Fit- **Will** 6:15-7:15p Strong by Zumba® ****Coming this month**** ***6-7p Yoga –Check board for exact start date***	26 5:45-6:30a Boot Camp 9–10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15 Zumba® -**Alisha** 6:15-7:15p Water Aerobics	27 9-10a Water Aerobics -**Andrea** 9-9:45a Quick Fit 5:30-6:30p Yoga-**Silke**	28 9:30-10:30a Strong by Zumba® - **Christa**
29	30 5:45-6:30a Boot Camp 9-10a Mix It Up Monday 9-10a Water Aerobics-**Bea** 10:15-11a Pilates 4:35-5:05p Quick Fit- **Will** ***NEW 5:30-6p POUND®*** 6:15-7:15p Zumba® 6:15-7:15p Water Aerobics ***NEW 6:30-7:30p Yoga-Abby***	May 1 5:45-6:30a Boot Camp-Christa 9-10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Dance Aerobics 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Water Aerobics	May 2 5:45-6:30a Boot Camp 9-10a Water Aerobics-**Amy** 9-9:45a GIT Fit 10-10:45a Pilates 4:35-5:05p Quick Fit- **Will** 6:15-7:15p Strong by Zumba® ****Coming this month**** ***6-7p Yoga –Check board for exact start date***	May 3 5:45-6:30a Boot Camp 9–10a Fitness Fusion 9-10a Forever Young-**Bea** 9-10a Deep Water 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba® -**Alisha** 6:15-7:15p Water Aerobics	May 4 9-10a Water Aerobics- Taryn 9-9:45a Quick Fit 5:30-6:30p Yoga-**Silke**	May 5 9:30-10:30a Zumba® - **Angie**