Update 3/28/19

April 2019 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-6:30a Boot Camp- **Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Amber** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	2 5:45-6:30a Boot Camp- **Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga-**Michela** 4:30-5:15p Quick Fit *****5:30-6:30 Cycle Cancelled*** 6:15-7:15p Zumba **- Alisha** 6:20-7:20p Water Aerobics	3 5:45-6:30a Boot Camp-**Taryn** 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	4 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit *****5:30-6:30 Cycle Cancelled*** 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	5 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors 4:30-5:15p Quick Fit 6-7p Yoga-**Chenelle**	6 9:30-10:30a Zumba®-**Alisha** 9:30-10:30a Quick Fit (class on BBall court)
7	8 5:45-6:30a Boot Camp- **Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	9 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga-**Michela** 4:30-5:15p Quick Fit 6:15-7:15p Zumba **- Alisha** 6:20-7:20p Water Aerobics	10 5:45-6:30a Boot Camp-**Taryn** 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	11 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	12 9-10a Quick Fit - 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors 4:30-5:15p Quick Fit 6-7p Yoga-**Chenelle**	13 9:30-10:30a Quick Fit
14	15 5:45-6:30a Boot Camp- **Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Amber** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	16 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga-**Michela** 4:30-5:15p Quick Fit 6:15-7:15p Zumba® - **Alisha** 6:20-7:20p Water Aerobics	17 5:45-6:30a Boot Camp-**Taryn** 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	18 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	19 9-10a Quick Fit 9-10a Water Aerobics - **Andrea** 10:30-11a Walking/Running 4:30-5:15p Quick Fit 6-7p Yoga -**Silke**	20 9:30-10:30 Strong by Zumba- **Christa** 9:30-10:30a Quick Fit (class on BBall court)
21	22 5:45-6:30a Boot Camp-**Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	23 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga-**Michela** 4:30-5:15p Quick Fit 6:15-7:15p Zumba® - **Alisha** 6:20-7:20p Water Aerobics	24 5:45-6:30a Boot Camp-**Taryn** 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	25 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit- **Amber** 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	26 9-10a Quick Fit - **Amber** 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors 4:30-5:15p Quick Fit- **Amber** 6-7p Yoga-**Silke**	27 9:30-10:30a Zumba®-**Alisha**

28	29 5:45-6:30a Boot Camp-**Amber** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Amber** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® **- Alisha**	30 5:45-6:30a Boot Camp-**Amber** *****9-10a Deep Water is cancelled today*** 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga-**Michela** 4:30-5:15p Quick Fit 6:15-7:15p Zumba® 6:20-7:20p Water Aerobics				