Updated 3/30/18

April 2018 Fitness Schedule – Leroy McAbee Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:15-6p Zumba Gold Toning	3	4 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:30-6:10p Zumba®- Rachel	5	6 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	7
8	9 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:15-6p Zumba Gold Toning	10	11 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:30-6:10p Zumba® -Stacey	12	13 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	14
15	16 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:15-6p Zumba Gold Toning	17	18 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:30-6:10p Zumba®- Rachel	19	20 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	21
22	23 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:15-6p Zumba Gold Toning	24	25 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:30-6:10p Zumba®- Stacey	26	27 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	28
29	30 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:15-6p Zumba Gold Toning	May 1	May 2 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex 5:30-6:10p Zumba®- Rachel	May 3	May 4 8-9a Aqua Flex Plus 9-10a Aqua Power Flex 10-11a Aqua Flex	May 5