Updated 3/28/2019

April 2019 Fitness Schedule - Mary Ann Phelps Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9-10a SS Classic 12-1pm Hatha Yoga- **Fleta** 4-4:45p Gentle Yoga- **Fleta** ***<u>** No 5:15-6p Pilates & TBC Tonight</u>*** *****Classes on Gazebo or in the Gym depending on weather***	2 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga *****Classes on Gazebo or in the Gym depending on weather***	3 9-10a SS Classic *****Classes on Gazebo or in the Gym depending on weather***	4 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga *****Classes on Gazebo or in the Gym depending on weather***	5 10-11a Roll Your Yoga *****Classes on Gazebo or in the Gym depending on weather***	6
7	8 9-10a SS Classic 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	9 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	10 9-10am SS Classic	11 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	12 10-11a Yoga-**Chenelle**	13
14	15 9-10a SS Classic 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	16 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	17 9-10a SS Classic	18 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga- **Fleta**	19 10-11a Roll Your Yoga	20
21	22 9-10a SS Classic 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	23 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	24 9-10a SS Classic	25 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	26 10-11a Roll Your Yoga	27
28	29 9-10a SS Classic 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	30 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga				

TBC = Total Body Conditioning **TBD = To Be Determined** ***Must register for this class. Member-free, Non-member $30/mo.**