Updated 3/28/2019

April 2019 Fitness Schedule – Jerry Tingle Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba®- **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar** 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga – **Christa**	2 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	3 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba - **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar**	4 5:30-6:30a- Boot Camp 7:30-8:15a- Water Aerobics 8:30-9:15a- Kickboxing 9:30-10a- Core 5:50-6:45p Zumba - **Stacey**	5 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young ***** New Class*** ***9:20-9:50a Quick-Fit*** 11-12p Aqua Zumba® 5:15-6p Kickboxing	6
7	8 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba®- **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar** 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga – **Christa**	9 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	10 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba - **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar**	11 5:30-6:30a- Boot Camp 7:30-8:15a- Water Aerobics 8:30-9:15a- Kickboxing 9:30-10a- Core 5:50-6:45p Zumba - **Stacey**	12 5:30-6:30a- Boot Camp 7a-8a - Yoga 8:30-9:15a Forever Young ***** New Class*** ***9:20-9:50a Quick-Fit*** 11-12p Aqua Zumba® 5:15-6pm- Kickboxing	13 9:30-10:30a Zumba - **Stacey**
14	15 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba®- **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar** 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga – **Christa**	16 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 4:45-5:30p Strong by Zumba **Christa** 5:50-6:45p Zumba -**Christa**	17 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba - **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar**	18 5:30-6:30a- Boot Camp 7:30-8:15a- Water Aerobics 8:30-9:15a- Kickboxing 9:30-10a- Core 5:50-6:45p Zumba - **Stacey**	19 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50am- Quick-Fit 11-12p Aqua Zumba® 5:15-6p Kickboxing	20
21	22 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba®- **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar** 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga – **Christa**	23 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	24 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba - **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar**	25 5:30-6:30a- Boot Camp 7:30-8:15a- Water Aerobics 8:30-9:15a- Kickboxing 9:30-10a- Core 5:50-6:45p Zumba - **Stacey**	26 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a- Quick-Fit 11-12p Aqua Zumba® 5:15-6p Kickboxing	27 9:30-10:30a Zumba - **Christa**
28	29 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba®- **Mar** 9:20-9:50a Quick-Fit 10-11a Zumba - **Mar** 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga – **Christa**	30 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 4:45-5:30p Strong by Zumba - **Christa** 5:50-6:45p Zumba –**Christa**				