

# April Rm. 1

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> 9a-T&S- Helen 12p-XI- MaryBeth 4:30p- S&S- Donna 5:30p-FB- Janet 6:45p- Sweat - Veronica	<b>2</b> 6a- CB- Katie 9a-Hi/Lo- Helen <b>*11a-TaiChi- Eric</b> 12p-CP- Shaunna 4:30p-ET- Donna 5:30p-20's- Linda 6:30p-XI- Susan	<b>3</b> 9a-T&S- Helen 12p- <i>Instructor's</i> <i>Choice</i> - Cindy 5:30p-XI- Kelly 6:30p-FabAbs- Kelly <b>*7p- TaeKwonDo</b>	<b>4</b> 6a-XI- Nick 9a-20's- Alicia 12p-Yoga1- Anne 5:30p-Sweat- Veronica <b>*6:45p- African Dance</b>	<b>5</b> 8a-Yoga- Anne 9:15a-FB- L&S 10:30a- <b>Pilates</b> <b>Express- Anne</b>
<b>6</b> 2p- S&S- Susan 3:15p- Yoga1- Alison <b>*4:30p- African Dance</b>	<b>7</b> 6a- ET- Courtney 9a- Hi/Lo- Shaunna <b>*11a-TaiChi- Eric</b> 12p-ET- Cindy 4:30p-ET- Lisa 5:30p- CP- Linda 6:30p- S&S- Veronica	<b>8</b> 9a-T&S- Helen 12p-XI- MaryBeth 4:30p- S&S- Donna 5:30p-FB- Janet 6:45p- Sweat - Nick	<b>9</b> 6a-Sweat-Shaunna 9a-Hi/Lo- Helen <b>*11a-TaiChi- Eric</b> 12p-20's- Alicia 4:30p-ET- Donna 5:30p-S&S- Linda 6:30p-XI- Susan	<b>10</b> 9a-T&S- Alicia 12p- <i>Instructor's</i> <i>Choice</i> - Cindy 5:30p-XI- Kelly 6:30p-FabAbs- Kelly <b>*7p- TaeKwonDo</b>	<b>11</b> 6a-XI- Nick 9a-CP- Helen 12p-Yoga1- Anne 5:30p-S&S- Veronica <b>*6:45p- African Dance</b>	<b>12</b> 8a-Yoga- Anne 9:15a-FB- Janet 10:30a- <b>Pilates</b> <b>Express- Anne</b>
<b>13</b> 2p- <b>ZUMBA</b> - Alison 3:15p- Yoga1- Alison <b>*4:30p- African Dance</b>	<b>14</b> 6a- ET- Katie 9a- Hi/Lo- Helen <b>*11a-TaiChi- Eric</b> 12p-ET- Cindy 4:30p-ET- Donna 5:30p- XI- Linda 6:30p- S&S- Veronica	<b>15</b> 9a-T&S- Helen 12p-XI- MaryBeth 4:30p- Hi/Lo- Shaunna 5:30p-FB- Janet 6:45p- Sweat - Veronica	<b>16</b> 6a- Sweat- Shaunna 9a-BS- Alicia <b>*11a-TaiChi- Eric</b> 12p-CP- Shaunna 4:30p-ET- Lisa 5:30p-CP- Linda 6:30p-XI- Susan	<b>17</b> 9a-T&S- Helen 12p- <i>Instructor's</i> <i>Choice</i> - Cindy 5:30p-XI- Kelly 6:30p-FabAbs- Kelly <b>*7p- TaeKwonDo</b>	<b>18</b> 6a-XI- Nick 9a-CP- Helen 12p-Yoga1- Anne 5:30p-Sweat- Veronica <b>*6:45p- African Dance</b>	<b>19</b> 8a-Yoga- Beth 9:15a-FB- L&S 10:30a- <b>Pilates</b> <b>Express- Anne</b>
<b>20</b> 2p- S&S- Susan 3:15p- Yoga1- Alison <b>*4:30p- African Dance</b>	<b>21</b> 6a- ET- Courtney 9a- Hi/Lo- Helen <b>*11a-TaiChi- Eric</b> 12p-ET- Cindy 4:30p-ET- Lisa 5:30p- S&S- Veronica 6:30p- Sweat- Veronica	<b>22</b> 9a-T&S- Helen 12p-XI- MaryBeth 4:30p- CP- Shaunna 5:30p-FB- Janet 6:45p- Sweat - Nick	<b>23</b> 6a-Sweat-Shaunna 9a- <b>ZUMBA</b> -Helen <b>*11a-TaiChi- Eric</b> 12p-CP- Shaunna 4:30p-ET- Lisa 5:30p-S&S- Veronica 6:30p-XI- Susan	<b>24</b> 9a-T&S- Helen 12p- <i>Instructor's</i> <i>Choice</i> - Cindy 5:30p-XI- Kelly 6:30p-FabAbs- Kelly <b>*7p- TaeKwonDo</b>	<b>25</b> 6a-XI- Nick 9a-CP- Courtney 12p-Yoga1- Anne 5:30p- CD- Brittany <b>*6:45p- African Dance</b>	<b>26</b> 8a-Yoga- Beth 9:15a-FB- Janet 10:30a- <b>MatFlex</b> - Katie
<b>27</b> 2p- <b>ZUMBA</b> - Alison 3:15p- Yoga1- Alison <b>*4:30p- African Dance</b>	<b>28</b> 6a- ET- Courtney 9a- Hi/Lo- Helen <b>*11a-TaiChi- Eric</b> 12p-ET- Cindy 4:30p-ET- Lisa 5:30p- CP- Linda 6:30p- S&S- Veronica	<b>29</b> 9a-T&S- Helen 12p-XI- MaryBeth 4:30p- Sweat- Shaunna 5:30p-FB- Janet 6:45p- CB- Katie	<b>30</b> 6a- CB- Katie 9a-Hi/Lo- Helen <b>*11a-TaiChi- Eric</b> 12p-CP- Shaunna 4:30p-ET- Lisa 5:30p-S&S- Linda 6:30p-XI- Katie			
<p><i>Spring</i> into a healthier you! Enjoy a variety of classes that's <i>FIT</i> for your busy lifestyle. Check back of the schedules for class descriptions.</p>						

# 2008