

# April Rm.3

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> 5:30p-FabAbs- Donna 6p-Yoga1- Ramona	<b>2</b> 9am- Yoga2- Amy 5:30p-Pilates- Anne	<b>3</b> 8:15a- <b>Express Yoga</b> - Suzanne 6:15p- Yoga1- Beth	<b>4</b> Dance Lessons Rumba 5:30p <i>*See class descriptions for details</i>	<b>5</b>
<b>6</b>	<b>7</b> 9a- MatFlex- MaryBeth 5:30p- Pilates- Anne 6:30p-Yoga2- Gina	<b>8</b> 5:30p-FabAbs- Donna 6p-Yoga1- Ramona	<b>9</b> 9am- Yoga2- Amy 5:30p-Pilates- Anne	<b>10</b> 8:15a- <b>Express Yoga</b> - Suzanne 6:15p- Yoga1- Beth	<b>11</b> Dance Lessons Rumba 5:30p <i>*See class descriptions for details</i>	<b>12</b>
<b>13</b>	<b>14</b> 9a- MatFlex- MaryBeth 5:30p- Pilates- Anne 6:30p-Yoga2- Gina	<b>15</b> 5:30p-FabAbs- Shaunna 6p-Yoga1- Ramona	<b>16</b> 9am- Yoga2- Amy 5:30p-Pilates- Anne	<b>17</b> 8:15a- <b>Express Yoga</b> - Suzanne 6:15p- Yoga1- Beth	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> 9a- MatFlex- MaryBeth 5:30p- Pilates- Anne 6:30p-Yoga2- Gina	<b>22</b> 5:30p-FabAbs- Shaunna 6p-Yoga1- Ramona	<b>23</b> 9am- Yoga2- Amy 5:30p-Pilates- Anne	<b>24</b> 8:15a- <b>Express Yoga</b> - Suzanne 6:15p- Yoga1- Beth	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 9a- MatFlex- MaryBeth 5:30p- Pilates- Anne 6:30p-Yoga2- Gina	<b>29</b> 5:30p-FabAbs- Shaunna 6p-Yoga1- Ramona	<b>30</b> 9am- Yoga2- Amy 5:30p-Pilates- Anne			
<p><b>RELAX!</b> You still have 12 weeks to get <i>Fit for Summer</i>. Combine stretching exercises with your cardio/strength training routine and you'll be ready for the beach in no time.</p>						

**2008**