



# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	3 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	4 9AM Pilates 9:30-12 Open Craft 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga	5 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	6 9 AM Zumba Gold 9:30-12 Open Craft 10 AM Sit & Fit 10 AM Bean Bag Baseball	7 <i>Damsel in Defense</i> 10am
8	9 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	10 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	11 9AM Pilates 9:30-12 Open Craft 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga	12 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	13 9 AM Zumba Gold 9:30-12 Open Craft 10 AM Sit & Fit 10 AM Bean Bag Baseball	14 9 AM <i>Defensive Driving Class</i>
15	16 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	17 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00 Buti Yoga	18 9AM Pilates 9:30-12 Open Craft 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga	19 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30pm Zumba	20 9 AM Zumba Gold 9:30-12 Open Craft 10 AM Sit & Fit 10 AM Bean Bag Baseball	21
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**Hours of Operation**  
**Mon-Fri 6 AM - 8 PM**  
**Saturday 8 AM - 2 PM**  
**Closed on Sundays**

**MOVE 1**  
Jump Squat



**MOVE 2**  
Butterfly Situp



**MOVE 3**  
Burpee



**MOVE 4**  
Triceps Dip



**MOVE 5**  
Lunge Hop



**MOVE 6**  
Pushup



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