



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MODIFIED GROUP EXERCISE SCHEDULE

APRIL 3-5

WEDNESDAY, APRIL 3

5:45am	Power Yoga	Joanna	Studio 1-2
6:50am	Extreme Fit	Elijah	Studio 1-2
7:55am	BODYCOMBAT	Rosa	Studio 1-2
9:05am	Forever Fit	Joe	Studio 1-2
10:10am	BODYPUMP	Andrea	Studio 1-2
11:20am	Tai Chi	Kathi	Studio 1-2
12:30pm	ZUMBA	Martha	Studio 1-2
4:00pm	Youth Dance (\$)	Alexis	Studio 1-2
6:00pm	Cardio Blast	Debra	Studio 1-2
7:00pm	U-JAM	Martha	Studio 1-2
8:10pm	Hatha Yoga		Studio 1-2

THURSDAY, APRIL 4

5:45am	Extreme Fit	Elijah	Studio 1-2
6:50am	Hatha Yoga	Joanna	Studio 1-2
7:55am	Zumba Gold	Martha	Studio 1-2
9:05am	STONG by Zumba	Justin	Studio 1-2
10:10am	Tai Chi	John	Studio 1-2
11:20am	Line Dance	Pat	Studio 1-2
12:30pm	BODYPUMP	Rosa	Studio 1-2
4:00pm	BODYCOMBAT	Jackie	Studio 1-2
5:05pm	BODYPUMP	Brian	Studio 1-2
6:05pm	Zumba	Dani	Studio 1-2
7:00pm	Cardio Blast	Nasara	Studio 1-2
8:10pm	Power Yoga	Joanna	Studio 1-2

FRIDAY, APRIL 5

6:50am	Yoga		Studio 1-2
7:55am	Zumba	Jackie	Studio 1-2
9:05am	Forever Fit	Lisa	Studio 1-2
10:10am	Chair Yoga	Lisa	Studio 1-2
11:20am	BODYCOMBAT	Jackie	Studio 1-2
12:30pm	Zumba	David	Studio 1-2
4:00pm	Yoga	Kayla	Studio 1-2
5:05pm	Zumba	Martha	Studio 1-2
6:05pm	Tae-Kwon-Do (\$)		Studio 1-2