

APRIL 2025



Whatever your goal, we can make it happen.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 5am BC Stacie 8:30 BA Kelli 5:30 Shred Liz	2 8:30 BP Mary 10 SS Angie 5:30 BP Liz	3 5am Tone Kelli 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	4 5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	5.	
Class Type BP-BODYPUMP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SHRED - HIIT SS-SILVER SNEAKERS      	7 5am BP Brandy 8:30 BP Tenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	8 5am BC Stacie 8:30 BA Kelli 5:30 Shred Liz	9. 8:30 BP Mary 10 SS Angie 5:30 BP Liz	10 5am Tone Kelli 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	11 5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	12	
	14 5am BP Brandy 8:30 BP Tenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	15 5am BC Stacie 8:30 BA Kelli 5:30 Shred Liz	16 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz	17 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli		19 HAPPY EASTER!	
	21 5am BP Brandy 8:30 BP Tenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	22 5am BC Stacie 8:30 BA Kelli 5:30 Shred Liz	23 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz	24 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	25 5am BA Kristy 8:30 Tone Kelli 10am SS Mimi	26	
	28 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	29 5am BC Stacie 8:30 BA Kelli 5:30 Shred Liz	30 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz				