



APRIL GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 SPIN DAVID 9:20 HIGH EMILY 1	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP TRISH 6:35 YOGA MANJU 2	8:00 MORNING SPIN DAVID 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 3	9:00 CARDIO TABATA DAVID 10:05 YOGA/PILATES CATHY 11:05 ZUMBA GOLD MAAN 5:35 BARRE/PILATES CATHY 6:35 ZUMBA TERESA 4	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ CATHERINE 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S. 5	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD SUSAN R 6	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA AILEEN 11:30 YOGA LOUISE 7
8:15 SPIN DAVID 9:20 HIGH EMILY 8	9:00 CARDIOPUMP DAVID 10:05 PILATES SHANNON 11:05 ZUMBA GOLD MAAN 5:30 SPIN&PUMP SUSAN P. 6:35 YOGA MANJU 9	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT DAVID 10:05 VITALITY stretch DAVID 6:00 SETS+ CATHERINE L 10	9:00 CARDIO TABATA DAVID 10:05 YOGA/PILATES CATHY 11:05 ZUMBA GOLD MAAN Building closes at 6:00 pm for Yom HaShoah 11	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT DAVID 10:05 VITALITY stretch TRISH 5:30 SPIN&PUMP CATHERINE 6:35 YOGA SUSAN S. 12	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD MAAN 13	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA AILEEN 11:30 YOGA SUSAN S. 14
8:15 SPIN DAVID 9:20 HIGH EMILY 15	9:00 CARDIOPUMP DAVID 10:05 PILATES SHANNON 11:05 EASY ENERGY TERESA 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 16	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT DAVID 10:05 VITALITY stretch DAVID 6:00 SETS+ CATHERINE L 17	9:00 CARDIO TABATA DAVID 10:05 YOGA/PILATES CATHY 11:05 ZUMBA GOLD MAAN No evening classes due to Yom HaAtzmaut (building is open) 18	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S. 19	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD MARTHA 20	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA AILEEN 11:30 YOGA LOUISE 21
8:15 SPIN DAVID 9:20 HIGH EMILY 22	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 23	8:00 MORNING SPIN JENN 9:00 PUMPED+ MELISSA 9:00 EVERFIT TRISH 10:05 VITALITY stretch TRISH 6:00 SETS+ CATHERINE L 24	9:00 CARDIO TABATA DAVID 10:05 YOGA/PILATES CATHY 11:05 EASY ENERGY CAMILLA 5:35 BARRE/PILATES CATHY 6:35 ZUMBA TERESA 25	6:15 MORNING SPIN SUSAN P. 8:00 MORNING SPIN SUSAN P. 9:00 CARDIOCUTZ LANA 9:00 EVERFIT MELISSA 10:05 VITALITY stretch SUSAN S. 5:30 SPIN&PUMP TRISH 6:35 YOGA SUSAN S. 26	9:00 HIGH EMILY 10:05 YOGA TAMARA 11:05 ZUMBA GOLD MARTHA 27	9:15 CARDIOCUTZ CATHERINE 10:20 ZUMBA AILEEN 11:30 YOGA LOUISE 28
8:15 SPIN DAVID 9:20 HIGH EMILY 29	9:00 CARDIOPUMP TRISH 10:05 PILATES TRISH 11:05 EASY ENERGY TRISH 5:30 SPIN&PUMP DAVID 6:35 YOGA MANJU 30	31	<div style="background-color: #e0e0e0; padding: 20px; border: 1px solid black;"> <p>TO PREVENT DISRUPTION, PLEASE ARRIVE TO CLASS ON TIME</p> </div>			