

APRIL 2025



**** schedule/class formats subject to change based on demand**

		Tue 04/01	Wed 04/02	Thu 04/03	Fri 04/04
AM		5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 04/07	Tue 04/08	Wed 04/09	Thu 04/10	Fri 04/11
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) <i>Machines</i>	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 04/14	Tue 04/15	Wed 04/16	Thu 04/17	Fri 04/18
AM	5:15AM - 6:00AM Full Body Mix (T)	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)		6:15PM - 6:45PM HIIT (J)	
<p>no ffl or wednesday midday classes <i>JOLYNNE SUBBING</i></p>					
	Mon 04/21	Tue 04/22	Wed 04/23	Thu 04/24	Fri 04/25
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) <i>Machines</i>	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 04/28	Tue 04/29	Wed 04/30		
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) <i>Machines</i>	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)		
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines		

(J) Jolynne (T) Tami

Classes are drop-in welcome! Participants in J's classes should download Spond for up to date info!