

April Group Ex Schedule

Sunday

Cycle Spin with Kristin - 9:00 am - 10:00 am
Children's Ballet with Caron - 10:00 am - 11:00 am (ages 3 to 5)
Children's Ballet with Caron - 11:00 am - 12:00 pm (ages 6 to 9)

Monday

Yoga with Martha Ellen - 8:30 am - 9:30 am
Yoga with Nancy - 4:30 pm - 5:30 pm
Cycle Spin with Kristin - 7:00 pm - 8:00 pm

Tuesday

Aqua Aerobics with Martha Ellen - 9:00 am - 10:00 am (at the pool)
Cycle Spin with Kristin - 6:15 pm - 7:00 pm
Yoga with Nancy - 7:15 pm - 8:00 pm

Wednesday

Yoga with Martha Ellen - 8:30 am - 9:30 am
Aqua Aerobics with Maruca - 2:00 pm - 3:00 pm
Yoga with Kate - 4:00 pm - 5:00 pm
Adult Ballet with Caron - 5:45 pm - 6:45 pm
Zumba with Lauren - 7:30 pm - 8:30 pm

Thursday

Yoga with Kate - 10:00 am - 11:00 am
Aqua Aerobics with Martha Ellen - 9:00 am - 10:00 am (at the pool)
Cycle Spin with Kristin - 6:15 pm - 7:00 pm
Yoga with Nancy - 7:15 pm - 8:00 pm

Friday

(No classes)

Saturday

Aqua Aerobics with Maruca - 9:00 am - 10:00 am (at the pool)
Zumba with Lauren 9:00 am - 10:00 am
Yoga with Nancy - 10:30 am - 11:30 am
Hip Hop with Callista - 12:00 pm - 1:00 pm