

April 2017 Group Fitness

Hours of
Operation
0500-2100 Mon-
Thurs
0500-1900 Fri

Monday

Tuesday

Wednesday

Thursday

Friday

3 1100-Spin-Robert 1730 – Cardio Kickboxing- Pam	4 0900 – Zumba Tone - Kazumi 1730 – HIIT – Whitney	5 1015-Mommy Boot Camp-Kazumi 1100-Power Yoga- Kazumi 1730-SuperSet- Whitney	6 1100 – Spin - Robert 1730 – Zumba – Brittany	7 1100 – Pilates - Lucy
10 1100-Spin-Robert 1730 – Cardio Kickboxing- Pam	11 0900 – Zumba Tone - Kazumi 1730 – HIIT – Whitney	12 1015-Mommy Boot Camp-Kazumi 1100-Power Yoga- Kazumi 1730-SuperSet- Whitney	13 1100 – Spin - Robert	14 1100 – Pilates – Lucy
17 1100-Spin-Robert 1730 – Cardio Kickboxing- Pam	18 0900 – Zumba Tone - Kazumi 1730 – HIIT – Whitney	19 1015-Mommy Boot Camp-Kazumi 1100-Power Yoga- Kazumi 1730-SuperSet- Whitney	20 1100 – Spin - Robert 1730 - Zumba - Brittany	21 1100 – Pilates – Lucy
24 1100-Spin-Robert 1730 – Cardio Kickboxing- Pam	25 0900 – Zumba Tone - Kazumi 1730 – HIIT – Whitney	26 1015-Mommy Boot Camp-Kazumi 1100-Power Yoga- Kazumi 1730-SuperSet- Whitney	27 1100 – Spin - Robert 1730 - Zumba - Brittany	28 1100 – Pilates – Lucy *Kickball Competition @ 1600

April 15 @ 1030: Family Fitness Event

April 28 @ 1600: Kickball Competition

If you have any questions, please call Freedom Hall at 773-6175.