

winter/spring fitness schedule



SESSION THREE

MONDAYS

Start Time	End Time	Start Date	End Date	Class	R	N	Code	Instructor	Location	Min/Max
12:00 p.m.	12:45 p.m.	Apr 16	May 21	Lunchtime Group Fitness Training	\$42	\$51	9388	Brandon	Maple 103	6/15
7:35 p.m.	8:10 p.m.	Apr 16	May 21	Strength Training w/Abs	\$30	\$36	8947	Michelle	Maple 103	5/15
8:15 p.m.	8:50 p.m.	Apr 16	May 21	ZUMBA	\$30	\$36	8953	Michelle	Maple 103	5/10
8:55 p.m.	9:40 p.m.	Apr 16	May 21	Pilates	\$37	\$44	8959	Michelle	Maple 103	5/15

MONDAY & WEDNESDAY

Start Time	End Time	Start Date	End Date	Class	R	N	Code	Instructor	Location	Min/Max
5:00 p.m.	6:00 p.m.	Apr 9	May 23	Aquacise	\$52	\$62	8880	Dolly	Hilton Hotel Pool	5/6
7:00 p.m.	8:00 p.m.	Apr 9	May 23	Cardio Surge	\$62	\$74	8876	Kim	Lisle Community Center, Room A	5/6

TUESDAY

Start Time	End Time	Start Date	End Date	Class	R	N	Code	Instructor	Location	Min/Max
9:30 a.m.	10:15 a.m.	Apr 17	May 22	Pilates & Yoga Fusion	\$36	\$43	8980	Jyoti	Hickory/Oak	6/20
8:00 p.m.	8:45 p.m.	Apr 17	May 22	Group Fitness Training	\$42	\$50	9133	Brandon	Maple 103	6/15

WEDNESDAY

Start Time	End Time	Start Date	End Date	Class	R	N	Code	Instructor	Location	Min/Max
11:00 a.m.	11:35 a.m.	Apr 18	May 23	ZUMBA	\$30	\$36	8954	Michelle	Maple 103	5/20
12:00 p.m.	12:45 p.m.	Apr 11	May 30	Lunchtime Group Fitness	\$56	\$67	9389	Brandon	Maple 103	6/15
6:15 p.m.	7:15 p.m.	Apr 18	May 30*	Turbo Kick	\$36	\$43	9129	Anne	Maple 103	6/15
7:30 p.m.	8:05 p.m.	Apr 18	May 23	ZUMBA	\$30	\$36	9012	Barb	Maple 103	6/15
8:00 p.m.	9:00 p.m.	Apr 18	May 23	Sunset Yoga	\$36	\$43	8971	Jyoti	Hickory/Oak	9/25

*no class Apr 25

THURSDAY

Start Time	End Time	Start Date	End Date	Class	R	N	Code	Instructor	Location	Min/Max
9:15 a.m.	10:15 a.m.	Apr 19	May 24	Sunrise Yoga	\$36	\$43	8972	Jyoti	Hickory/Oak	9/25
12:00 p.m.	12:45 p.m.	Apr 12	May 31	Lunchtime Group Fitness	\$56	\$67	9390	Brandon	Maple 103	6/15
6:30 p.m.	7:05 p.m.	Apr 19	May 24	ZUMBA	\$30	\$36	9013	Barb	Maple 103	6/15
7:30 p.m.	8:15 p.m.	Apr 19	May 24	Fitness Bootcamp	\$42	\$50	9136	Brandon	Maple 103	6/15