

MOVement Fitness Class Schedule April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am (60) Active Stretch with Lindsay		8:00 am (60) Active Stretch with Lindsay		8:00 am (30) Active Stretch with Lindsay		
9:00 am (60) Xtreme Metabolic Conditioning with Lindsay	9:00 am (60) Barre/Pilates with Stacey	9:00 am (60) 20-20-20 with Lindsay	9:00 am (60) 20-20-20 with Stacey	8:30 am (30) Arms and Abs with Lindsay		
10:15 am (60) Bike & Barre with Stephanie	9:30 am (60) TRX @** with Stephanie		9:30 am (60) TRX @** with Stephanie	9:00 am (60) FRIDAY FUNDAY with Lindsay	9:15 am (30) Yoga with Allison	
		10:30 am (60) Zumba @ with Stacey		10:15 am (60) PlyoJam with Stephanie	10:00 am (30) SILVER SNEAKERS Boom Muscle with Sherry	
	10:00 am (60) SILVER SNEAKERS with Sherry		10:00 am (60) SILVER SNEAKERS with Sherry		10:30 am (30) SILVER SNEAKERS Boom Move with Sherry	
	4:30 pm (45) Mobility & Flexibility with Renee		4:30 pm (45) PiYo with Renee			
5:15 pm (45) POUND @ with Stephanie	5:30 pm (60) SPIN with Renee	5:15 pm (60) MUSCLE MIXER with Renee	5:30 pm (60) BOOT CAMP** with Renee			
	6:30 pm (60) TRX @** with Stephanie	6:15 pm (30) Mobility & Flexibility with Renee	6:30 pm (60) ZUMBA @ with Stacey			
6:15 pm (60) STRIKE with Renee	7:00 pm (60) RELAX YOGA with Allison		6:30 pm (60) TRX @** with Renee			

**Classes meet in the back turf room.