

**April Fitness Schedule - Group Exercise #2 Only**

Monday	TUESDAY	Wednesday	Thursday	SATURDAY	SUNDAY
	<b>Power Vinyasa</b> 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2				
	<b>Mat Pilates</b> 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2 <b>No Class 4/21</b>				
			<b>Aerial Conditioning &amp; Flow</b> 11:00AM - 12:00PM Giuliana Sheldon <i>Group Exercise 2</i>	<b>Aerial Yoga</b> 10:30AM - 11:30AM Giuliana Sheldon Group Exercise 2	<b>Power Vinyasa</b> 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2
					<b>Power Vinyasa</b> 12:00PM - 1:00PM Stacy Kempfer Group Exercise 2 <b>No Class 4/5</b>
		<b>L1 Aerial Arts: 6-8</b> 3:45 - 5:00 PM Giuliana Sheldon <i>Group Exercise 2</i>	<b>L1 Aerial Arts: 8+</b> 3:45 - 5:00 PM Giuliana Sheldon <i>Group Exercise 2</i>		
		<b>L1 Aerial Arts 8+</b> 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>			
<b>Align &amp; Flow Yoga</b> 5:30 - 6:30 PM Megan Beener <i>Group Exercise 2</i>			<b>Align &amp; Flow Yoga</b> 5:30 - 6:30 PM Megan Beener <i>Group Exercise 2</i>		

**Classes at a Glance**

-  Aerial Fitness
-  Strength Training Focus
-  Active Aging
-  Cardiovascular Focus
-  Mind/Body
-  Class Series
-  Other

**REGISTRATION**

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

**FITNESS CLASS SIGN IN**

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.