

April Fitness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio						
Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2	Power Hour 7:45 - 8:45 AM Katie Hardie Group Exercise 1	Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1		
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool	Slow Flow Yoga 9:00 AM - 10:00 AM Dallas Franklin Group Exercise 1	Mat Pilates 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2 No Class 4/21	Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool	Silver Sneakers Splash 9:00 - 10:00 AM Leslie Januez Pool		
SS Yoga 10:15 - 11:15 AM Dallas Franklin Group Exercise 1	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1	Aerial Yoga 10:30AM - 11:30AM Giuliana Sheldon Group Exercise 2	Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2
		Comp Center Training 1:30 - 2:30 PM Group Exercise 1		Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2		
		L1 Aerial Arts: 6+ 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2	Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi Group Exercise 1	L1 Aerial Arts: 8+ 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2	Comp Center Training 3:00 - 4:00 PM Group Exercise 1	Power Vinyasa 12:00PM - 1:00PM Stacy Kempfer Group Exercise 2 No Class 4/5
Jiu-Jitsu 4:30 - 7:30 PM		L2/3 Aerial Arts: 8+ 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2	Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi Group Exercise 1	Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2		
Spring Conditioning 5:30 - 6:30 PM Thor Knutson HIIT Studio	Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2				Friday Night Spin 5:30pm - 6:30pm Samuel Orseno Group Exercise 1 Last Class 4/10	
Raoni Orlandi Group Exercise 1			Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1		Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio	
	Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner HIIT Studio					

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.