

April

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 0700 Strong F.I.T. 0830 Strong F.I.T. 1800 Yoga	2 8:30 Body Sculpt 1130 Strong F.I.T.	3	4
5	6 1130 Stretch Zone	7 8:30 Body Sculpt 1130 Yoga	8 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga	9 8:30 Body Sculpt 1130 Strong F.I.T.	10	11
12	13 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	14 8:30 Body Sculpt 1130 Yoga	15 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga	16 8:30 Body Sculpt 1130 Zumba	17	18
19	20 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	21 8:30 Body Sculpt 1130 Yoga	22 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T.	23 8:30 Body Sculpt 1130 Zumba	24	25
26	27 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	28 8:30 Body Sculpt 1130 Yoga	29 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T.	30 8:30 Body Sculpt 1130 Zumba		

*FITNESS IMPROVEMENT(FIP) CLASSES

For more information call 919-722-0420