



APRIL 2019 FITNESS SCHEDULE

SUNDAY

9:00 A.M.
*FLOW YOGA
Wendy

MONDAY

7:00 A.M.
CIRCUIT
Svetlana

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

5:00 P.M.
RESTORATIVE YOGA
Tami

TUESDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Marisa

WEDNESDAY

7:00 A.M.
CIRCUIT
Abby

8:15 A.M.
SPIN
Abby

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
PILATES
Marisa

5:00 P.M.
RESTORATIVE YOGA
Sally

THURSDAY

7:00 A.M.
SPIN
Karin

POP UP CLASS
*HOT YOGA
APRIL 11TH
9:00 A.M.
Tami

9:30 A.M.
BARRE FUSION
Abby

10:35 A.M.
WERQ!
Kirsten

FRIDAY

7:00 A.M.
CIRCUIT
Marisa

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

SATURDAY

8:00 A.M.
SPIN
Marisa

9:00 A.M.
STRETCH 101
Lisa

9:15 A.M.
SPIN(45 min)
Marisa

9:15 A.M.
*AERIAL YOGA
Carolyn

9:30 A.M.
PILATES
Lisa

WELLNESS
WORKSHOP
FENG SHUI SEMINAR
APRIL 20TH at 12:30
THE SHED ART SILO

*Classes are held at the Nicklaus Fitness Center & are for Full Members and their guests.