



POP UP GROUP EXERCISE CLASSES

APRIL 2025



DATE	TIME	CLASS	DETAILS
FRIDAY 4/4 & 4/11 MONDAY 4/14 MONDAY 4/21	FRIDAY 7:00 AM – 7:30 AM MONDAY 8:00 AM – 8:30 AM MONDAY 6:30 AM – 7:00 AM	EXPRESS CYCLE	HUNTER D. – STUDIO B
FRIDAY 4/4 & 4/25 THURSDAY 4/10 & 4/24	FRIDAY 12:00 PM – 12:30 PM THURSDAY 4:15 PM – 4:45 PM	LITTLE BEATS	MICHELLE W. – STUDIO A *PARENT/CHILD CARDIO DRUMMING*
SUNDAY 4/6	9:30 AM – 10:30 AM	YOGA SCULPT	KEN P. – STUDIO B
SUNDAY 4/6 & 4/13	8:30 AM – 9:30 AM	PILATES	NANCY W. – STUDIO A
SUNDAY 4/6 & 4/13 & 4/27	11:00 AM – 12:00 PM	POWER WALKING	CAROL V. – STUDIO A *LOW IMPACT, UPPER LIMITS OF WALKING PACE, ALTERNATING BETWEEN TRACK AND STUDIO*
MONDAY 4/7 & 4/28	8:30 AM – 9:30 AM	SELF DEFENSE	SHAWN H. – STUDIO B
FRIDAY 4/11	5:15 PM – 6:00 PM	TAYLOR SWIFT CYCLING ERA	KELLI S. – STUDIO B
MONDAY 4/14	8:00 AM – 8:45 AM	STEP & STRENGTH	KELLI S. – STUDIO A
MONDAY 4/14 THURSDAY 4/17	4:00 PM – 4:30 PM	DANCE FUSION EXPRESS	LIZ R. – STUDIO A
WEDNESDAY 4/16	9:45 AM – 10:45 AM	MINI & ME CIRCUIT	KELLI S. – STUDIO A *PARENT/CHILD CIRCUIT STYLE WORKOUT*
THURSDAY 4/17	8:00 AM – 9:00 AM	LIFT & CYCLE	KELLI S. – STUDIO B
FRIDAY 4/18	4:00 PM – 4:45 PM	CARDIO BOOTCAMP	BRIANNA C. – STUDIO A
SUNDAY 4/27	10:00 AM – 10:45 AM	BARRE	KATE M. – STUDIO A