

APRIL GROUP EXERCISE



Specialty

Classes

Free for members
\$10 non member drop ins

-WEDNESDAY
APRIL 4th & 22nd
6:30pm Line Dancing
with Breanna
\$5 for members & non members

-MONDAY APRIL 6th
6:00pm WERQ GLOW PARTY
with Hanah & Kayla

-WEDNESDAY APRIL 15th
8:30am Bootcamp
with Michelle

-FRIDAY APRIL 17th
8:30am Pilates
with Michelle

MON TUE WED THU FRI SAT

AM-

9:30am
Zumba
-Penny

9:30am
HIIT/Bootcamp
-Kelly

9:30am
Zumba
- Penny
Except 4/22

9:30am
Power Pump
-Jamie

9:30am
WERQ
-Hanah

9:30am
FITFORCE
-Scott

10:30am
Power Pump
-Jamie

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9:30am
Strength &
Conditioning
-Erin
4/22 ONLY

10:30am
Zumba
-Kelly

PM-

5:30pm
Zumba
-Kayla
Except 4/6

5:30pm
Muscle Madness
-Barb

5:30pm
WTS & YOGA
-Robin

5:30pm
20/20/20
-Barb

4.6

WERQ GLOW
PARTY
6pm

Join Hanah and Kayla for for an upbeat 90s themed WERQ dance party! Wear neon and be ready to sweat!

4.15

BOOTCAMP
with Michelle
8:30am

Rise and shine and be ready to hustle for that muscle!

4.17

MAT PILATES
with Michelle
8:30am

A refreshing mat workout designed to strengthen your core and support your body from the inside out.