

# APRIL 2018 FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 EASTER SUNDAY 8:30, 9:45 & 11:00 a.m. <u>Worship Services</u>	2  CAC & CHURCH OFFICE CLOSED	3 9:00 Step & Sculpt—Traci	4 8:00 Senior Fitness—Beth 1:30 Yoga—Fleta 5:30 TBC— Janice	5	6 8:00 Senior Fitness—Janice 9:00 Step &Sculpt—Beverly	7
8	9 8:00 Senior Fitness—Janice 9:00 Interval Workout—Janice	10 9:00 Step & Sculpt—Traci	11 8:00 Senior Fitness—Beth 1:30 Yoga—Fleta 5:30 Pilates— Traci	12	13 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Traci	14
15	16 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Janice	17 9:00 TBC—Linda/ Traci	18 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 TBC—Janice	19	20 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	21
22	23 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	24 9:00 Step & Sculpt—Linda/ Traci	25 8:00 Senior Fitness—Beth 1:30 NO YOGA 5:30 Pilates— Traci	26	27 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Janice	28
29	30 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	1	2	3	4	5