

April Group Fitness Schedule



The following classes will be held in the Arts& Crafts Dance Room.

Please bring your membership or SilverSneakers™ card with you to class, along with a water bottle and towel.

All guests must check in at the IronOaks Fitness Center and pay appropriate fees.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am	Yoga Mary		Yoga Mary		Yoga Mary
9:00-10:00am	Gentle Yoga Stretch Mary		Gentle Yoga Stretch Mary		Gentle Yoga Stretch Mary
10:30-11:30am				Tai Chi in a Chair *CLASS ONLY April 5th* Kim	
5:00-6:00pm	ZUMBA* Hilda				

The following classes will be held in the IronOaks Group Fitness Room.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am	Get on the Ball Barb		Get on the Ball Barb		Get on the Ball Barb	
7:00-8:00am		7:30- 8:15 am Cardio Dance Ila		7:30- 8:15 am Cardio Dance Ila		
8:00-9:00am	Bone Builder Ila	8:15- 8:45am Ab-solutely Ila	Bone Builder Ila	8:15- 8:45am Ab-solutely Ila		
9:00-10:00am	Cardio Kickboxing Ila	Stretch & Balance Tyger	Cardio Kickboxing Ila	Stretch & Balance Mary/ Ila		9:00- 10:00am ZUMBA* Hilda
10:00-11:00am	Beginner Balance Ila	Balance & Strength Samantha	Beginner Balance Tyger	Balance & Strength Samantha	Beginner Balance Ila/ Samantha	
11:00-12:00pm	SilverSneakers™ MSROM Kit	SilverSneakers™ MSROM Kit	SilverSneakers™ CardioC Bets	SilverSneakers™ MSROM Mary	SilverSneakers™ MSROM Kit	
12:00-1:00pm	SilverSneakers™ MSROM Bets	<i>Tai Chi will resume with Kim in May</i>	SilverSneakers™ MSROM Bets	12:30- 1:30pm Tai Chi (Intermediate) Ila sub	SilverSneakers™ MSROM Bets	
1:00-2:00pm						
2:00-3:00pm		<i>Tai Chi will resume with Kim in May</i>		Tai Chi (Beginner) Ila sub		

*** ZUMBA classes are subject to an additional charge. Please pay at the IronOaks Fitness Center front desk.**