




# April 2019 Group Exercise Schedule



| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|---|---|--|---|---|
|  | <b>1</b><br>9:15 am Boot Camp- Vickie<br><br>6:30 pm Cycling - Liza   | <b>2</b><br>9:15 am Zumba@- Paula<br><br>5:30 pm Yoga- Sharon<br>6:30 pm Zumba@- Kristen  | <b>3</b><br>5:30 am Cycling- Ilene<br>9:15 am Tabata & Toning- Liza<br><br>6:00 pm Hip Hop- Kristen | <b>4</b><br>10:00 am Mat Pilates Elaine<br><br>5:30 pm Cycling – Mandy<br>6:30 pm Zumba@- Kristen  | <b>5</b><br>9:00 am Yoga- Marty<br>10:30 am Line dancing (advanced) Liza  | <b>6</b><br>8:00 am Step- Vickie<br>9:30 am Cycling- Ilene  |
| <b>7</b><br>8:15 am Cycling – Liza<br>9:30 am Zumba@ - Joy                                       | <b>8</b><br>9:15 am Boot Camp- Vickie<br><br>6:30 pm Cycling - Liza   | <b>9</b><br>9:15 am Zumba@- Paula<br><br>5:30 pm Yoga- Sharon<br>6:30 pm Zumba@- Kristen  | <b>10</b><br>5:30 am Cycling- Jim<br>9:15 am Tabata & Toning- Liza<br><br>6:00 pm Hip Hop- Kristen  | <b>11</b><br>10:00 am Mat Pilates Elaine<br><br>5:30 pm Cycling – TBD<br>6:30 pm Zumba@- Kristen   | <b>12</b><br>9:00 am Yoga- Marty<br>10:30 am Line dancing (advanced) Liza   | <b>13</b><br>8:00 am Step- Vickie<br>9:30 am Cycling- Ilene |
| <b>14</b><br>8:15 am Cycling – Liza<br>9:30 am Zumba@ - Joy                                      | <b>15</b><br>9:15 am Boot Camp- Vickie<br><br>6:30 pm Cycling - Liza  | <b>16</b><br>9:15 am Zumba@- Paula<br><br>5:30 pm Yoga- Sharon<br>6:30 pm Zumba@- Kristen | <b>17</b><br>5:30 am Cycling- Jim<br>9:15 am Tabata & Toning- Liza                                  | <b>18</b><br>10:00 am Mat Pilates Elaine<br><br>5:30 pm Cycling – Mandy<br>6:30 pm Zumba@- Kristen | <b>19</b><br>9:00 am Yoga- Marty<br>10:30 am Line dancing (advanced) Liza   | <b>20</b><br>8:00 am Step- Vickie<br>9:30 am Cycling-Jim    |
| <b>21</b><br> | <b>22</b><br>9:15 am Boot Camp- Vickie<br><br>6:30 pm Cycling - Liza | <b>23</b><br>9:15 am Zumba@- Paula<br><br>5:30 pm Yoga- Sharon<br>6:30 pm Zumba@- Kristen | <b>24</b><br>5:30 am Cycling- Vickie<br>9:15 am Tabata & Toning- Liza                               | <b>25</b><br>10:00 am Mat Pilates Elaine<br><br>5:30 pm Cycling – Mandy<br>6:30 pm Zumba@- Kristen | <b>26</b><br>9:00 am Yoga- Marty<br>10:30 am Line dancing (advanced) Liza   | <b>27</b><br>8:00 am Step- Vickie<br>9:30 am Cycling- Ilene |
| <b>28</b><br>8:15 am Cycling – Liza<br>9:30 am Zumba@ - Joy                                      | <b>29</b><br>9:15 am Boot Camp- Vickie<br><br>6:30 pm Cycling - Liza  | <b>30</b><br>9:15 am Zumba@- Paula<br><br>5:30 pm Yoga- Sharon<br>6:30 pm Zumba@- Kristen | <b>Non-member drop-in rate is only \$5!<br/>           And, your very first class is FREE!</b>      |               | <a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a><br>717-972-0322<br>2201 Paxton Church Road |   |