





# April 2024 Group Exercise Schedule

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