

April Fitness Class Schedule

Studios Phone: 935-6752
TF Fit Ctr Phone: 935-6740

Hrs: M-F W 8am-noon; M/W 3-5pm;

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified
Guests may not use discounted package

		Studio #1	Studio #2	Studio #3		
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)	Aqua Zumba w/Isela (Outdoor Pool)		
	Classic Aerobics w/ Ann	Butts & Guts w/ Sonia	Classic Aerobics w/ Ann	Butts & Guts w/Sonia	Classic Aerobics w/Ann	
	Strictly Strength w/ Sonia	Yoga Core & More w/ Alan	Strictly Strength w/ Sonia	Yoga Core & More w/ Alan	Strictly Strength w/ Sonia	
	Tai Chi Essentials w/ Charlie		Stillness in Motion w/ Charlie			
9:00		Hydro Challenge w/ Janet (Outdoor Pool)			Aqua Zumba w/ Helen (Outdoor Pool)	
	Strength & Conditioning w/Ann	Zumba w/ Helen	Strength & Conditioning w/ Ann	Zumba w/Tatiana	Strength & Conditioning w/Ann	Core Combo Yoga w/ Becca
	Zumba w/ Helen	Yin Yoga w/Laine	Zumba w/ Tatiana	Yin Yoga w/Laine	Zumba Toning w/Isela	Zumba w/ Helen
Spin Bikes Available in Studio #3						
10:00	20/20/20 w/Patti	Chair Yoga w/ Karen	20/20/20 w/Patti	Chair Yoga w/ Karen	20/20/20 w/Patti	Seated Combo w/ Becca
	Pilates w/Denise	Strength & Mobility w/ Sonia	Pilates w/Denise	Strength & Mobility w/ Sonia	Pilates w/Denise	#2 Not available 10-12
Spin Bikes Available in Studio #3						
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/Sonia	Gentle Cardio Strength w/ Patti	
	#2 Not available 11-4	Country Fitness w/Cortney	#2 Not available 11-2	#2 Not available 11-4		#2 Not available 10-12
Spin Bikes Available in Studio #3						
2:00		Aqua Zumba w/ Helen (Outdoor Pool)				
3:00	Root Yoga w/ Laine		Yin Yoga w/ Laine		Additional Aqua Zumba Class: Tuesday at 2 PM	
	#2 Not available 11-4			#2 Not available 11-4	ALL AQUA CLASSES MOVE OUTDOORS THIS MONTH	

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/