

April Fitness Class Schedule

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

Hrs: M-Sat 8am-noon; 3-5 MW

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)							
	Classic Aerobics w/ Helen		Strength & Mobility w/ Sonia		Classic Aerobics w/ Helen		Strength & Mobility w/ Sonia		Classic Aerobics w/ Helen			
	Strictly Strength w/ Sonia		Yoga & More w/ Allen		Strictly Strength w/ Sonia		Yoga & More w/ Allen		Strictly Strength w/ Sonia			
	Tai Chi w/ Charlie				Stillness in Motion w/ Charlie							
9:00			Hydro Challenge w/ Shirleen(Outdoor Pool)				Hydro Challenge w/ Shirleen(Outdoor Pool)		Aqua Zumba w/ Helen (Outdoor Pool)			
	Strength & Conditioning w/ Helen		Zumba w/ Helen		Strength & Conditioning w/ Sonia		Zumba w/ Helen		Strength & Conditioning w/ Sonia		Core Combo Yoga w/ Becca	
	Core Combo Yoga w/ Becca		Yin Yoga w/ Laine		Zumba w/ Helen		Yin Yoga w/ Laine		Cardio Dance starts 4/11 w/ Carla		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/Barre w/ Becca		Pilates w/ Shirleen		Sit & Fit w/ Shirleen		Pilates w/ Shirleen		Sit & Fit w/ Shirleen			
	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					
	Spin Bikes Available in Studio #3											
2:30			Aqua Zumba w/ Helen (Outdoor Pool)									
3:00	Unwind Body and Mind w/ Laine				Yin Yoga w/ Laine				Special... Cardio Dance from 4/11 to 4/25!!			
4:00									All Fitness facilities are closed for Easter, 4/20			

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