

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:00am Sculpt + Sweat 5:45am Pilates 7:30 Gentle Yoga	2 5:30am Root & Rise (A) 10am Chair Yoga (AF) 5:30pm Barre 6:30pm Zumba	3 5:00am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba	4 5:30am Pilates 9am Chair Yoga 10am Chair Yoga 5:30pm Barre (AM)	5 5:30am Root & Rise (E) 9am Slow Flow 6:30pm Wellness Workshop - Essential Oils	6 7:30am Barre 8:30am Zumba 10am Wellness Workshop - Essential Oils
7	8 5:00am Sculpt + Sweat 5:45am Pilates 9am Chair Yoga 7:30 Gentle Yoga	9 5:30am Root & Rise (A) 10am Chair Yoga 5:30pm Barre 6:30pm Zumba	10 5:00am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba	11 5:30am Pilates	12 5:30am Root & Rise (E) 9am Slow Flow 10:30am Chair Yoga	13 7:30am Barre 8:30am Zumba 10am Slow Flow
14	15 5:00am Sculpt + Sweat 5:45am Pilates 9am Chair Yoga 7:30 Gentle Yoga	16 5:30am Root & Rise (A) 10am Chair Yoga 5:30pm Barre 6:30pm Zumba	17 5:00am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba	18 5:30am Pilates 9am Chair Yoga 10am Chair Yoga 5:30pm Barre	19 5:30am Root & Rise (E) 9am Slow Flow	20 7:30am Barre 8:30am Zumba 10am Slow Flow
21 HAPPY EASTER	22 5:00am Sculpt + Sweat 5:45am Pilates 9am Chair Yoga 7:30 Gentle Yoga	23 5:30am Root & Rise (A) 10am Chair Yoga 5:30pm Barre 6:30pm Zumba	24 5:00am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba	25 5:30am Pilates 9am Chair Yoga 10am Chair Yoga 5:30pm Barre	26 5:30am Root & Rise (E) 9am Slow Flow	27 7:30am Barre 8:30am Zumba 10am Slow Flow
28	29 5:00am Sculpt + Sweat 5:45am Pilates 9am Chair Yoga 7:30 Gentle Yoga	30 5:30am Root & Rise (A) 10am Chair Yoga 5:30pm Barre 6:30pm Zumba				
<p>Weekly Schedule Change Highlights: Chair Yoga: 9AM on Mon & Thurs, 10AM on Tues & Thurs Root & Rise: 5:30AM on Tues with Angie, 5:30am on Fri with Eva Sculpt + Sweat: 5AM on Mon & Wed Sunday's Slow Flow moves to Saturdays, 10am</p>				<p>Introductory offer: 10 days for \$15 unlimited trial Single class drop-in: \$10 (\$5 for ages 12-19) 10 class package: \$80 (\$60 seniors) 24/7 Gym + Unlimited Classes: \$87/month (\$72/mo seniors)</p>		