APRIL ;; = Specialty Class | ◊ = New Class Club One Group Fitness Schedule Sunday Monday Tuesday Wednesday THURSDAY Friday Saturday <u>School Weather Delays...</u> AM Group Fitness classes that start at 9:30am or after 6:00am - Bootcamp 6am SPIN & CORE Mike L Oueen Anne's County 6:00am - Cross Cond & HIIT 6:00am - HIIT 8:00am - Bootcamp <u>School Weather Closings...</u> AM Group Fitness classes Mike L (45min) 8:30am - Body Basics 8:30am - Tone, Strength & 7:30am - Power Barre 8:30am - Yoga Abs Jim 9:30am - Vinyasa Yoga Carol (45min) will be delayed 1 hour (classes that begin before Sherry 9:30am - Bust Butt BC Kelly (downstairs)
9:30am - HIIT Core & More & Kids Club are on time Kelly 9:30am - Cardio Blast 9:00am - Spin In Extreme weather conditions please call Kelly 9:30am - Fit & Spin Christine 9:30am & Agua classes will Christine Christine Jen **9:30am -10:15 Spin** 10:15-10:30 SCULPT Jen be on time) Evening classes are not affected. or check facebook for any updates. 9:30am - Spin & Barre Christine 9:00am - Iron Pump Plus Jim 9:30am - Fit & Spin Jen AM Kids club delaved 1 hr 10:15am - Iron Pump 10:30am Stretch & Restore 10:15am - Dance Fitness PM Group Fitness Classes & Kids Club will be at the discretion of the Mike (45min) 5:00pm - Dance Fitness Christine (30min)
5:00pm - Dance Fitness Missy If your child does not 6:00p SPIN & SCULPT attend QAC schools, you may call the club in the Damaris Mark Missy 6:00pm - SPIN & PUMP instructor, please call or check facebook 6:00pm - Pump 6:00pm - HIIT TRX & Core Missy 6:00pm Bike & Abs Mark morning or call BOE Mark Kelly 410.758.2403 (45min spin 15 min pump) 6:00am FIT & SPIN 6:00am - Cross Cond & HIIT 6:00am - Bootcamp 6:00am - HIIT 6am SPIN & CORE Mike L 8:00am - Bootcamp 9:00am -FIT & SPIN Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Mike L (45 min) 8:30am - Body Basics Mike L Mike 9:00am - Spin 7:30am - Power Barre 7:30am - Power Barre 8:30am - Yoga Kelli 9:30am - HIIT The Step 9am HIIT Kelly 9:30am - Cardio Blast Sherry 9:30am - Bust Butt BC Kelly (downstairs)
9:30am - HIIT Core & More Jen 9:00am - Iron Pump Plus Kelly 9:30am - Fit & Spin Christine Christine 9:30am - Fit & Spin Carol (45min) Christine Christine Jim 9:30am - Spin & Barre Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:15am - Dance Fitness 9:30am - Fit & Spin Jen 5:00pm - Yoga Jen Damaris 10:15am - Iron Pump 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Mike (45min) 5:00pm - Dance Fitness 6:00p SPIN & SCULPT 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris 6:00pm - Pump Damaris 6:00pm - SPIN & PUMP Mark 6:00pm - HIIT TRX & Core Missy 6:00pm Bike & Abs Mike L Mark Keith Damaris (45min spin 15 min pump) 6:00am FIT & SPIN 6am SPIN & CORE Mike L 6:00am - Cross Cond & HIIT 6:00am - Bootcamp 6:00am - HIIT 8:00am - Bootcamp Mike L Mike Mike L (45min) Val 9:00am -FIT & SPIN 7:30am - Power Barre 8:30am - Tone, Strength & 7:30am - Power Barre 8:30am - Body Basics 8:30am - Yoga 9:00am - Spin Mike L Kelly Abs Jim Kelly Sherry Kelly (downstairs) Missy 9:30am - HIIT Core & More 9am HIIT 9:30am - HIIT & Core 9:30am - Vinyasa Yoga 9:30am - Cardio Blast 9:30am - Bust Butt BC 9:00am - Iron Pump Plus Val Carol (45min) Elise Val Val Kelly Jim 9:30am -10:15 Spin 9:30am - Fit & Spin 9:30am - Fit & Spin 9:30am - Spin & Barre 9:30am - Fit & Spin 10:15am - Dance Fitness Kelly Kelly Kelly 10:15-10:30 SCUI PT Kelly Mark Damaris 5:00pm - Yoga 10:15am - Iron Pump 10:30am Stretch & Restore Heather Mike (45min) (30min) Kelly 6:00pm - HIIT Core & More 5:00pm - Dance Fitness 6:00pm - SPIN & SCULPT 5:00pm - Dance Fitness Keith Damaris Damaris Damaris 6:00pm - Fit & Spin 6:00pm - Pump 6:00pm - HIIT TRX & Core 6:00pm - SPIN & PUMP Kelly Mark Damaris Keith 6:00pm Bike & Abs (45min spin 15 min pump) **Damaris** 20 21 6:00am FIT & SPIN HAPPY EASTER 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 6:00am - HIIT 6am SPIN & CORE Damaris 8:00am - Bootcamp CLUB CLOSED Mike L (45min) 8:30am - Yoga Mark Mike Val 8:30am - Tone. Strength & 7:30am - Power Barre 8:30am - Body Basics 7:30am - Power Barre Kelly (downstairs) 9:00am - Spin 9:30am - HIIT Core & More Kelli Abs Jim Kelly Sherry Mark 9:30am - HIIT The Step 9:30am - Vinyasa Yoga 9:30am - Cardio Blast 9:30am - Bust Butt BC Kelly 9:00am - Iron Pump Plus Christine Carol (45min) Christine Christine 9:30am - Fit & Spin lim 9:30am - Fit & Spin 9:30am - Spin & Barre 9:30am - Fit & Spin 9:30am -10:15 Spin Christine 10:15am - Dance Fitness 10:15-10:30 SCULPT Kelli Jen Christine Jen Damaris 5:00pm - Yoga 10:15am - Iron Pump 10:30am Stretch & Restore Heather Mike (45min) Christine (30min) 6:00pm - HIIT Core & More 5:00pm - Dance Fitness 6:00pm - SPIN & SCULPT 5:00pm - Dance Fitness Missv Damaris Mark Missv 6:00pm - Fit & Spin 6:00pm - Pump 6:00pm - HIIT TRX & Core 6:00pm - SPIN & PUMP Mike L Missy Keith Damaris 6:00pm Bike & Abs (45min spin 15 min pump) Mark 27 29 6:00am FIT & SPIN 6:00am - Cross Cond. & HIIT 6:00am - Bootcamn 9:00am - FIT & SPIN Mike I Mike Mike I Mike I 7:30am - Power Barre 8:30am - Tone, Strength & 7:30am - Power Barre 9am HIIT Kelli Abs Jim Kelly 9:30am - Vinyasa Yoga Val 9:30am - HIIT The Step 9:30am - Cardio Blast Christine Carol (45min) Christine 9:30am - Fit & Spin 9:30am - Spin & Barre 9:30am - Fit & Spin Christine Jen Jen 5:00pm - Yoga 10:15am - Iron Pump Heather Mike (45min) 6:00pm - HIIT Core & More 5:00pm - Dance Fitness 6:00pm - SPIN & SCULPT Missy Damaris Damaris 6:00pm - Fit & Spin 6:00pm - Pump 6:00pm - HIIT TRX & Core **Damaris** Missy Keith 6:00pm Bike & Abs Mike L

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