

APRIL

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<p>School Weather Delays... AM Group Fitness classes that start at 9:30am or after, will be delayed 1 hour (classes that begin before 9:30am & Aqua classes will be on time) Evening classes are not affected. AM Kids club delayed 1 hr</p> <p>If your child does not attend QAC schools, you may call the club in the morning or call BOE 410.758.2403</p>	<p>Queen Anne's County School Weather Closings... AM Group Fitness classes & Kids Club are on time. In Extreme weather conditions please call or check facebook for any updates.</p> <p>PM Group Fitness Classes & Kids Club will be at the discretion of the instructor, please call or check facebook</p>	<p>1 6:00am - Cross Cond & HIIT "T" 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</p>	<p>2 6:00am - Bootcamp Mike L 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00p SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Kelly</p>	<p>3 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)</p>	<p>4 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>5 8:00am - Bootcamp Christine 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>6 9:00am - FIT & SPIN Elise 9am HIIT Val</p>	<p>7 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Eli 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark</p>	<p>8 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L</p>	<p>9 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00p SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith</p>	<p>10 6:00am - HIIT Mike L (45 min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Damaris 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)</p>	<p>11 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>12 8:00am - Bootcamp Mike 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>13 9:00am - FIT & SPIN Mike L 9am HIIT Elise</p>	<p>14 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelly 9:30am - HIIT & Core Val 9:30am - Fit & Spin Kelly 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Keith 6:00pm - Fit & Spin Damaris</p>	<p>15 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Kelly 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Kelly 6:00pm Bike & Abs Damaris</p>	<p>16 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Val 9:30am - Fit & Spin Kelly 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith</p>	<p>17 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Val 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelly 10:30am Stretch & Restore (30min) Kelly 5:00pm - Dance Fitness Damaris 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)</p>	<p>18 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Mark</p>	<p>19 8:00am - Bootcamp Val 9:00am - Spin Missy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>20 HAPPY EASTER CLUB CLOSED</p>	<p>21 6:00am FIT & SPIN Mark 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L</p>	<p>22 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</p>	<p>23 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith</p>	<p>24 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)</p>	<p>25 6am SPIN & CORE Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>26 8:00am - Bootcamp Val 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>27 9:00am - FIT & SPIN Mike L 9am HIIT Val</p>	<p>28 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris</p>	<p>29 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L</p>	<p>30 6:00am - Bootcamp Mike L 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith</p>			

| |

| |

|

| |

|

| |