



April

MIND AND BODY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM Peggy	BODYCOMBAT 6 - 6:55 AM Mitsuko	BODYPUMP 6 - 6:55 AM Mitsuko	BODYCOMBAT 6 - 6:55 AM Mitsuko	BODYPUMP w/ CXWORX 6 - 6:55 AM Peggy	CXWORX 8:30 - 9 AM Peggy	
YOGA FOR ATHLETES 7 - 7:45 AM Peggy	NIA 8 - 8:55 AM Cristin	YOGA FLOW 7 - 7:55 AM Gina	BODYCOMBAT 9 - 9:55 AM Terri	BODYFLOW 7 - 7:45 AM Peggy	YOGA FOR ATHLETES 9 - 9:45 AM Peggy	VINYASA YOGA 10 - 11:15 AM Shauna
HOT YOGA FLOW 9 - 10:30 AM Marisa	BODYCOMBAT 9 - 9:55 AM Terri	HOT YOGA FLOW 9 - 10:30 AM Kate	CXWORX 10 - 10:30 AM Terri	HOT YOGA FLOW 9 - 10:30 AM Kate	BODYPUMP 10 - 10:55 AM Peggy	MAT PILATES 11:30 - 12:30 PM Shauna
BODYPUMP 11 - 11:55 PM Terri	CXWORX 10 - 10:30 AM Terri	BODYPUMP 11 - 11:55 PM Terri	BODYFLOW 10:30 - 11:30 AM Mitsuko	BODYPUMP 11 - 11:55 PM Megan	BODYFLOW 11 - 11:55 PM Peggy	HOT YOGA 4 - 5:30 PM Melinda
ZUMBA 12 - 1 PM Sharon	BODYFLOW 10:30 - 11:30 AM Megan	STRETCH & RENEW 1:30 - 2:30 PM Antonio	HATHA YOGA 12 - 1:15 PM Judy	STRETCH & RENEW 1:30 - 2:30 PM Antonio	ZUMBA 12 - 1 PM Elizabeth	
STRETCH & RENEW 1:30 - 2:30 PM Antonio	HATHA YOGA 12 - 1:15 PM Judy	HATHA YOGA 4:30 - 5:30 PM Judy	YOGA FOR ATHLETES 4:45 - 5:45 PM Rosie		HOT YOGA FLOW 4 - 5:30 PM Elizabeth	
HOT YOGA 6:15 - 7:45 PM Melinda	YOGA FOR ATHLETES 4:45 - 5:45 PM Elizabeth	HOT YOGA FLOW 6 - 7 PM Elizabeth	BODYPUMP 6 - 7 PM Mitsuko			
	BODYPUMP 6 - 7 PM Terri					

FITNESS STUDIO


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN & SCULPT 8 - 8:55 AM Mitsuko	POWER SPIN 7 - 7:45 AM Jennifer	SPIN & SCULPT 8 - 8:55 AM Mitsuko	POWER SPIN 7 - 7:45 AM Jennifer	SPIN & SCULPT 8 - 8:45 AM Mitsuko	RPM (Spin) 8 - 8:45 AM Mitsuko	
STAY FIT 9 - 9:45 AM Kaleo	QIGONG+TAIJI 9 - 9:45 AM Calvin	STAY FIT 9 - 9:45 AM Mitsuko	QIGONG+TAIJI 9 - 9:45 AM Harriet	STAY FIT 9 - 10 AM Mitsuko		
MAT PILATES 11 - 12 PM Shauna	POWER SPIN 10 - 10:45 AM Sehra	FUSION DANCE 10 - 10:45 PM Stephanie	POWER SPIN 10 - 10:45 AM Sehra	MAT PILATES 11 - 12 PM Shauna		
RPM (Spin) 12:30 - 1:15 PM Terri	BARRE 11:30 AM - 12:20 PM Jordan	MAT PILATES 11 - 12 PM Leah	BARRE 11:30 AM - 12:20 PM Jordan	RPM (Spin) 12:30 - 1:15 PM Terri		
HIIT STRENGTH 5 - 5:30 PM Mitsuko	QIGONG+TAIJI 5:30 - 6:15 PM Kaleo	HIIT STRENGTH 5 - 5:45 PM Stephanie	QIGONG+TAIJI 5:30 - 6:15 PM Kaleo			
CXWORX 5:30 - 6 PM Mitsuko						
FUSION DANCE 6 - 6:45 PM Stephanie						

Class Announcements

- Please arrive to class five minutes early especially if it is your first time to get proper instruction to class format.
- Please clear the room in a timely manner so following class can start on-time.

POOL/
REFUGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10 - 11 AM Sabrina	AQUA 10 - 11 AM Sabrina	AQUA 10 - 11 AM Sabrina		AQUA 10 - 11 AM Annie	AQUA 10 - 11 AM Ali	
		AQUA YOGA 8:30 - 9:30 AM Gina (Refuge)		AQUA YOGA 8:30 - 9:30 AM Gina (Refuge)		

 APRIL PILATES GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member Shauna	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member Amanda C.	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member Leah	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member Amanda C.	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member Shauna	<div style="border: 2px solid black; padding: 5px;"> <p align="center">ADVANCED MIXED EQUIPMENT NOTICE</p> <p>We will be temporarily cancelling the Advanced Mixed Equipment class in April as Amanda Z. takes maternity leave. We will be back with a new instructor starting in May.</p> </div>	
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member Shauna	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member Amanda C.	REFORMER + ZFITNESS 12:00 - 12:50 PM \$30 / Member Leah	REFORMER BARRE FUSION 10:00 - 10:50 AM \$30 / Member Amanda C.	CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member Shauna				
	BEG. MIXED EQUIPMENT 6:00 - 6:50 PM \$30 / Member Trudy	M.E. SCULPT 6:30 - 7:20 PM \$30 / Member Leah						
TENNIS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				WOMEN'S C TEAM CLINIC 9:30 - 11:00 AM \$20 / Member Alice				WOMEN'S C TEAM CLINIC 9:00 - 10:30 AM \$20 / Member Alice
						ADULT DROP IN CLINIC 1:00 - 2:00 PM \$20 / Member Brian	LIVE BALL CLINIC 11:00 - 12:00 PM \$20 / Member Brian	
KIDS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			CHAMPIONS & FUTURES II CLINIC 4:00 - 6:00 PM \$30 / Child Nick	FUTURES I CLINIC 4:00 - 5:30 PM \$25 / Child Nick	CHAMPIONS & FUTURES II CLINIC 4:00 - 6:00 PM \$30 / Child Nick			

PILATES CLASS DESCRIPTIONS

MIXED EQUIPMENT CLASSES: This total body workout is ideal for beginner clients, but challenging enough for experienced clients who want to refine their skills and concentrate on the Pilates fundamentals. Intermediate & advanced levels build upon the fundamental knowledge and strength developed in prior classes.

M.E. (MIXED EQUIPMENT) SCULPT: This class puts additional focus on working the abs, butt, and arms! With more flowing transitions, extra repetitions, added weight, and intermediate Pilates exercises combined with functional fitness will challenge you.

CLASSIC REFORMER: The Reformer is a sophisticated system of springs, straps, pulleys and a rolling platform. It can act as additional muscles to aid the body on its path to health while you work towards efficient movement patterns, and it can also provide resistance to build strong muscles and bones.

RESTORATIVE REFORMER + ZFITNESS: A gentle version of the reformer class modified to be safe for clients with joint issues including arthritis, osteoporosis or injury.

REFORMER + YOGA FUSION: This class combines the core strength of Pilates and the mind-body connection of yoga. It targets the connective tissue and joints in the hips, pelvis and spine, while connecting with your center to gain better balance, strength and mobility. Please call if you are interested in this class.

REFORMER + BARRE FUSION: Sculpt your legs, define your abs, tone your arms and work your booty with this upbeat, aerobic Reformer fusion class. We combine the best lengthening and core strengthening elements of the reformer with the best moves from barre.

REFORMER SCULPT: Taking our Reformer class up a notch! This class puts additional focus on working the abs, butt, and arms! With more flowing transitions, extra repetitions, added weight, and intermediate Pilates exercises combined with functional fitness will challenge you.

CARDIO JUMP-BOARD: Incorporating the jump board adds a cardio element to the Reformer repertoire. Clients will alternate between Pilates Jump board exercises and traditional Pilates exercises on the Reformer. This technique gives the class a high intensity interval training element.

TENNIS CLINIC DESCRIPTIONS

ADULT DROP-IN CLINIC: Designed for 3.0/3.5/4.0 rated players that want to work on stroke production, footwork, strategy, meet other players and have FUN!

LIVE BALL CLINIC: This action packed clinic will maximize your exercise experience while working on doubles formations. All levels are welcome.

KIDS CLINIC DESCRIPTIONS

CHAMPIONS & FUTURES II: These clinics are intended for the intermediate level tennis player ages 18 and under. Clinics will focus on stroke production, footwork, conditioning, learning how to play tennis singles and doubles, introduction to point play, rallying, and strategy.

FUTURES I: These clinics are intended for the beginning tennis player ages 10 and under. They feature the R.O.G.Y. {Red, Orange, Green, Yellow ball} teaching progressions and focus on stroke production, footwork, conditioning, keeping score, court positioning and most importantly, having fun!