

APRIL

FITNESS

FAIRCHILD >>>>
 FITNESS >>>>
 CENTER >>>>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	
8	9	10	11	12	13
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)		POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)		NO CLASS	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
15	16	17	18	19	20
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)		POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)		REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
22	23	24	25	26	27
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)		POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)		REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
29	30				
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)					