

APRIL

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | |
|--|---|--|---|--|---|
| | | *Yoga Rise 8:00am-8:50am Donna (DS) | | | |
| *Interval Training 9:05am-10:00am Kim (DS) | *Body Sculpt 9:05am-10:00am Lana (DS) | *Cardio Kickboxing 9:05am-10:00am Carrie (DS) | *Power Pump 9:05am-10:00am Lana (DS) | *Fitness Mashup 9:05am-10:00am Esther (DS) | Pilates 7:50am-8:50am Susan (DS) |
| | Studio Cycle 10:15am-11:10am Lana (DS) | *Quick Core 10:00am-10:30am Carrie (DS) | SWAT 10:15am-11:10am Carrie (THTR) | | |
| Lite N Lively (55+) 10:30am-11:30am Matt (DS) | | Lite N Lively (55+) 10:30am-11:30am Carrie (DS) | Studio Cycle 10:15am-11:10am Lana (DS) | Lite N Lively (55+) 10:30am-11:30pm Ying (DS) | |
| Country Heat Live! 7:15pm-8:15pm Jessica (DS) | Yoga Flow 7:00pm-8:00pm Susan (DS) | Boot Camp 7:15pm-8:15pm Kim (DS) | Zumba 6:45pm-7:45pm Ying (DS) | | |

*Classes with an * are included within the Group and Ultimate memberships*

Shaded classes are Registration Classes

DS- Dance Studio

OUT- Outside (Weather Permitting)

THTR- Cosman Theater



@hpdfitness

