

## WEST PARK GROUP EXERCISE APRIL 2024

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>	8:30AM						Pure Strength Kim	
	9:15 AM		PURE STRENGTH Adria		YOGA FLOW VINYASA Kim W.	CARDIO COMBO Adria		
	9:30AM	Zumba Gold Angie					Boot Camp Kim/Deirdre	
	10:00AM			Chair Yoga Ann				
	10:30AM	Balance & Strength Teresa	SILVER SNEAKER CLASSIC-GYM Christine		SILVER SNEAKER CLASSIC-GYM Teresa	FITNESS AFTER 50 Mo		
	11:00AM			Tai Chi Chris				
<b>EVENING</b>	5:30 PM	CYCLE HIIT EXPRESS Deirdre/Delinda						
	5:45 PM				STEP EXPRESS Delinda/Mary			
	6:00 PM		Zumba Nicole  Family Boot Camp (gym) Jennifer	Y CYCLE Adria		CYCLE/YOGA COMBO Courtney		
	6:15 PM	PURE STRENGTH Andrea  AQUA Aerobics-Pool Delinda						
	6:30 PM				PURE STRENGTH Angela		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Master Class</b></p> <p style="text-align: center;">-Sunday April 14<sup>th</sup>. - 11:30 am -FREE -Register at front desk</p> </div>	
	7:00 PM		BARRE Alex	YOGA/PILATES FLOW Kim				
	7:15 PM	YOGA FLOW VINYASA Kim R						
	7:30PM				Pilates Alex			