

APRIL

RUSSELLVILLE ROAD

2024



		MON	TUE	WED	THU	FRI	SAT
	5:15-6:15 AM				TFC H.I.I.T w/Kendall (Turf) -Carrie 4/4	Kettlebell+Tabata -Carrie	
	8:30-9:30 AM	Chair Yoga -Megan	Refine 360 w/ Tina (Turf)	TFC H.I.I.T w/Kendall (Turf) (4/3,4/17,4/24) -Allison (4/10) **Kettle Bell+ Tabata -Ana **(4/3 & 4/24 only)	Refine 360 (Turf) -Tina	Chair Yoga -Megan	Saturday Sweat Dance+Step -Carrie 4/6 R.I.P.P.E.D. -Regina 4/13 **Barre+ Spin - Tina & Allison 4/20 Zumba -Ana 4/27
	9:30-10:30AM	Stretch "N"Flex -Chandler	Yogalates -Tina	Pilates Stretch +Strength -Megan	Barre -Tina	Yoga Stretch -Chandler	Yoga -Chee (4/6 & 4/13) Yoga Stretch-Chandler (4/20) Pilates Stretch + Strength-Megan (4/27) Saturday Spin -Regina **Refine 360 w/Tina (Turf) **(4/20 only)
	5:30-6:30 PM	<u>Power Hour</u> Yoga-Chee(4/1 & 4/8) Just Weights-Amy (4/15) Spin-Beth (4/22) Bootcamp-Regina (4/29)	<u>Cardio Mashup</u> Kickboxing+Core - 4/2, 4/16, 4/30 -Peggy Kettle bell + Tabata -4/9, 4/23 -Peggy Spin w/Regina	Zumba -Ana	Tabata + Spin -Regina *Explosive Fitness w/Danny (Turf)	<u>Friday Night Fitness:</u> Zumba w/Ana 4/5, 4/12 TFC H.I.I.T. w/Kendall (Turf) 4/19 and 4/26	