



# April 2017 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Non-member drop-in rate is only \$5! And, your very first class is FREE!</b>		<a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a> 717-972-0322 2201 Paxton Church Road		<b>1</b> 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Jim
<b>2</b> 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy  * Zumba Kids classes are 30 minutes	<b>3</b> 9:15 am Boot Camp- Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>4</b> 9:15 am Zumba®- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	<b>5</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza	<b>6</b> 10:30 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba®- Kristen	<b>7</b> 10:30 am Line Dancing (advanced) Liza	<b>8</b> 8:00 am Tabata & Toning- Vickie 9:30 am Cycling- Ilene
<b>9</b> 8:15 am Cycling – Liza 9:30 am Zumba® - Joy	<b>10</b> 9:15 am Boot Camp- Vickie  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>11</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba®- Kristen	<b>12</b> 5:30 am Cycling -Hannah 9:15 am Tabata & Toning- Liza	<b>13</b> 10:30 am Mat Pilates Elaine  5:30 pm Cycling- Ilene 6:30 pm Zumba®- Kristen	<b>14</b> 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (begin. 30 min.) Liza	<b>15</b> 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Mandy
<b>16</b> 	<b>17</b> 9:15 am Boot Camp- <b>Cancelled</b>  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>18</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba®- Kristen	<b>19</b> 5:30 am Cycling -Cara 9:15 am Tabata & Toning- Liza	<b>20</b> 10:30 am Mat Pilates <b>Cancelled</b>  5:30 pm Cycling – Mandy 6:30 pm Zumba®- Kristen	<b>21</b> 10:30 am Line Dancing (advanced) Liza	<b>22</b> 8:00 am Barre Blend- Steph 9:15 am Power Yoga- Jill 9:30 am Cycling- Michele  
<b>23/30</b> 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy	<b>24</b> 9:15 am Boot Camp- <b>Cancelled</b>  6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza	<b>25</b> 9:15 am Zumba®- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba®- Kristen	<b>26</b> 5:30 am Cycling- Hannah 9:15 am Tabata & Toning- Liza	<b>27</b> 10:30 am Mat Pilates Elaine  5:30 pm Cycling – Mandy 6:30 pm Zumba®- Kristen	<b>28</b> 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (begin. 30 min.) Liza	<b>29</b> 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene