



# GROUP FITNESS CLASSES

## APRIL 2019

RANCH STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		<b>Power Pump</b> <i>Ingrid</i>		<b>Power Pump</b> <i>Jessica</i>		
9:00am	<b>Power Pump</b> <i>Paul</i>	<b>Sole Strength</b> <i>Cammy</i>	<b>Power Pump</b> <i>John</i>	<b>20-20</b> <i>Denise</i>	<b>Beat!</b> <i>Jessica</i>	
10:00am	<b>Zumba®</b> <i>Madelyne</i>	<b>Muscle Mix</b> <i>Kitti</i>	<b>Zumba Toning®</b> <i>Madelyne</i>	<b>Muscle Mix</b> <i>Kitti</i>	<b>Pilates</b> <i>Ingrid</i>	<b>Zumba®</b> <i>Rotation</i>
11:00am	<b>Yoga Flow</b> <i>Julie</i>	<b>Hatha Yoga</b> <i>Kathy</i>	<b>Yoga Flow</b> <i>Julie</i>	<b>Hatha Yoga</b> <i>Kathy</i>	<b>Restorative Yoga</b> <i>Emily</i>	<b>Yoga Flow</b> <i>Rotation</i>
5:00pm	<b>Bootcamp</b> <i>Ingrid</i>	<b>G.R.I.T.</b> <i>Paul</i>	<b>Bootcamp</b> <i>Ingrid</i>	<b>G.R.I.T.</b> <i>Paul</i>		
6:00pm	<b>Power Pump</b> <i>Heaven</i>	<b>Beat!</b> <i>Linda</i>	<b>Strong by Zumba®</b> <i>Heaven</i>	<b>Zumba®</b> <i>Heaven</i>		
7:00pm	<b>Zumba®</b> <i>Heaven</i>					
SPIN STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am	<b>Power Cycle</b> <i>John</i>		<b>Power Cycle</b> <i>Cammy</i>		<b>Power Cycle</b> <i>Ingrid</i>	
9:00am						<b>Power Cycle</b> <i>Rotation</i>
10:00am		<b>Move to Improve</b> <i>Sandy</i>		<b>Move to Improve</b> <i>Sandy</i>		
5:00pm				<b>Qi Gong</b> <i>Sarah</i>		
6:00pm			<b>Yoga Flow</b> <i>Renu</i>			
POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am	<b>Liquid Levels</b> <i>Ingrid</i>	<b>H2O Fit</b> <i>Denise</i>	<b>H2O Fit</b> <i>Barbara</i>	<b>H2O Fit</b> <i>Denise</i>	<b>H2O Fit</b> <i>Jessica</i>	<b>H2O Fit</b> <i>Barbara</i>
6:00pm	<b>H2O Fit</b> <i>Linda</i>		<b>H2O Fit</b> <i>Linda</i>			



# SMALL GROUP TRAINING

## APRIL 2019

F.I.T. STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am	<b>TRX Healthy Joints I</b> <i>Jonathan</i>		<b>TRX Healthy Joints II</b> <i>Tucker</i>	<b>X-Camp</b> <i>Jonathan</i>	<b>TRX Healthy Joints I</b> <i>Ingrid</i>	<b>TRX-Treme</b> <i>Paul</i>
10:00am	<b>TRX-Treme</b> <i>Jonathan</i>					
6:00pm		<b>TRX-Treme</b> <i>Paul</i>		<b>TRX-Treme</b> <i>Roger</i>		

F.I.T. SESSIONS ARE FEE BASED. SEE RANCH RECEPTION FOR DETAILS.