



APRIL GROUP FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All Group Fitness Classes are located at Fortenberry-Colton Physical Center</p>			<p>1 Spin: 1800-1900 Cassie</p>	<p>2 Spin: 0600-0700 Sarah Cardio Lift: 1800-1900 Cassie</p>	<p>3</p>	<p>4</p>
<p>5</p> 	<p>6 Zumba: 1800-1900 Cassie</p>	<p>7 Toning: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina</p>	<p>8 Spin: 1800-1900 Cassie</p>	<p>9 Spin: 0600-0700 Sarah Cardio Lift: 1800-1900 Cassie</p>	<p>10 Spin: 0900-1000 Cassie</p>	<p>11</p>
<p>12</p>	<p>13 Zumba: 1800-1900 Cassie</p>	<p>14 Toning: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina</p>	<p>15 Spin: 1800-1900 Cassie</p>	<p>16 Spin: 0600-0700 Sarah Cardio Lift: 1800-1900 Cassie</p>	<p>17 Spin: 0900-1000 Cassie</p>	<p>18</p>
<p>19</p>	<p>20 Zumba: 1800-1900 Cassie</p>	<p>21 Toning: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina</p>	<p>22 Spin: 1800-1900 Cassie</p>	<p>23 Spin: 0600-0700 Sarah Cardio Lift: 1800-1900 Cassie</p>	<p>24</p>	<p>25 !ARMY 10 MILER KICKOFF!</p> 
<p>26 FBC Staffed Hours: M 0500-2000 T-F 0500-1000 1500-2000</p>	<p>27 Zumba: 1800-1900 Cassie</p>	<p>28 Toning: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina</p>	<p>29 Spin: 1800-1900 Cassie</p>	<p>30 Cardio Lift: 1800-1900 Cassie</p>		