

# APRIL

## Fitness Specialty Classes

### TRX TRAINING



Tuesday Mornings April 3rd-April 24th  
8:00am-8:30am

Thursday Mornings April 5th-April 26th  
6:00am-6:30am

Saturday Morning April 7th 7:00am-7:30am  
(single class session)

### BUDDY BOOTCAMP

Tuesday Evenings April 3rd-April 24th  
5:05pm-5:50pm

### IRON FIT



Tuesday Mornings April 3rd-April 24th  
5:30am-6:15am

Wednesday Evenings April 7th-April 28th  
6:00pm-6:45pm

Thursday Evenings April 5th-April 26th  
6:00pm-6:45pm

Saturday Morning April 7th 6:15am-7:00am  
(single class session)

### STRENGTHEN & LENGTHEN

Wednesday April 18th-May 9th  
6:00pm-7:00pm

### ZUMBA GOLD (FREE)

Saturday April 21st  
10:30am-11:15am



## Yoga Workshops



### YOGA FOR RUNNERS

Sunday April 22nd  
1:00pm-2:30pm

### SPRING DETOX YOGA

Sunday April 29th  
1:00pm-2:30pm

## Summer

Sunday April 15th we switch to the following summer hours:

### Monday-Thursday

5:30am-9:00pm

### Friday & Saturday

5:30am-7:00pm

### Sunday

8:00am-7:00pm



## School Hours

### Friday April 20th

(2 hours early release)

Tot Time: 9:00am-11:00am

Rec Pool: 1:15pm- 7:00pm

Slide: 4:20pm-7:00pm

Lap Pool: 1:15pm-7:00pm

Open Gym: 5:30am-8:00am;

1:45pm-4:00pm; 6:00pm-7:00pm

**Early  
Release  
Day!**

## Safari Running Club

Tuesdays beginning April 10th at 6:00pm  
in the Safari Island lobby.

Everyone is welcome and free of charge.



Join us on Saturday,  
April 7th from 4pm-7pm  
with the **WIBIT** and  
**FLOATIES!**