



April 2024 Church Street Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 5:45-6:45 AM Deirdra Auditorium	Flow Yoga 7:30-8:20 AM Raman Studio A	Y-Cycle 5:45-6:30 AM Donna Auditorium	Bootcamp 5:45-6:45 AM Donna Inside/Outside	Y-Cycle 5:45-6:30 AM Beth Auditorium	Y-Cycle 8:00-8:45 PM Caroline W/Shira Auditorium	Flow Yoga 9:00-10:00 AM Laura Studio A
Seated Yoga 7:00-8:00 AM Katheryn H. Studio *Hybrid	Dance 8:30-9:30 AM Katherine R. Studio A	Yoga 6:00-7:00 AM Katheryn H. Studio A *Hybrid	Dance 8:30-9:30 AM Katherine R. Studio A	Seated Yoga 7:00-8:00 AM Katheryn H. Studio *Hybrid	Cardio Sculpt 9:00-10:00 AM Lisa Studio A- *Hybrid	Bolly X 10:00-10:50 AM Hether/Kim Auditorium
Aqua Fit 8:15-9:00 AM Katheryn H. Big Pool	Aqua Fit 9:30-10:15 AM Louise Small Pool	Seated Yoga 7:00-8:00 AM Katheryn H. Studio *Hybrid	Aqua Fit 9:30-10:15 AM Louise Small Pool	Bootcamp & Stretch 9:00-10:00 AM Heide Studio A	Zumba 9:30-10:30 AM Edith Audit. *Hybrid	Y-Cycle 11:15-12:00 PM Caroline V. Auditorium
Muscle & Stretch 9:00-10:00 AM Heide Studio A	Y-Cycle 9:30-10:15 AM Lauren Auditorium	Aqua Fit 8:15-9:00 AM Katheryn H. Big Pool	Y-Cycle 9:30-10:15 AM Lauren Auditorium	Y-Cycle 9:30-10:15 AM Caroline W. Auditorium	Flow Yoga 10:40-11:40 AM Laura Studio A	
Y-Cycle 9:30-10:15AM Caroline W. Auditorium	Barre in Motion 10:00-11:00 AM Jessica Studio A *Hybrid	Total Body HIIT 8:30-9:15 AM Nicole Auditorium	Tai Chi & Qigong 10-11 am Enrique Studio A	Keeping Fit 10-10:50AM Michelle Gym *Hybrid		
Keeping Fit 10-10:50AM Michelle Gym *Hybrid	Have A Ball 10:30-11:30 AM Lauren Auditorium	Y-Cycle 9:30-10:15AM Katie B. Auditorium	Have A Ball 10:30-11:30 AM Lauren Auditorium	Dance Fit 10:30-11:30 AM Louise Studio A		
Pilates 11:00-12:00PM Tracy Aud. *Hybrid	Flow Yoga 5:00-6:00 PM Michelle Studio A *Hybrid	Keeping Fit 10-10:50AM Michelle Gym. *Hybrid	Zumba 5:30-6:30 PM Jon Studio A	Pilates 11:00-12:00 PM Jessica Aud. *Hybrid		
Cardio Sculpt 5:30-6:30PM Carolin V. Studio A	Intervals 6:15-7:15 PM Heather Studio A	Pilates 11:00-12:00 PM Tracy Aud. *Hybrid	Y-Cycle 6:00-6:45 PM Katie Auditorium	Flow Yoga 5:30-6:30 PM Caroline W. Studio A		
Y-Cycle 6:00-6:45 PM Sarah Auditorium	Y-Cycle 6:00-6:50 PM Clarence Auditorium	Zumba 6:00-7:00PM Edith Aud. *Hybrid	Muscle Cond 7:00-8:00 PM Rosella Auditorium			
Zumba 7:00-8:00 PM Lin Auditorium	Muscle Cond 7:00-8:00 PM Rosella Auditorium	*NEW Y-Cycle 7:15-8pm Janice Auditorium	Integral Yoga 7:00-8:00 pm Rui Studio A			

Free Workshop Focused on Neuro-Parkinsons Disease with MBG Physical Therapist

- Wednesday April 10th 11-12:00 PM ~ In Studio A

Free Meditation Class Q&A with Sioban Nicolaou

- Tuesday April 23rd 11:30-12:00 PM ~ In Studio A

**Schedule is subject to change. Please check the online schedule for real time updates and subs.*

