

the  April 2018 – Group Exercise – Danville Family YMCA  the

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					April 1 Happy Easter!
2	3	4	5	6	7
6:00 Cycle Don 8:00 GP/STT Robin 9:30 Pilates Sonal 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Robin 5:30 Cycle Cindy 5:30 GP/STT Randy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Morgan 6:40 Power Yoga Cyndi	5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Tammy R. 9:15 WIM Madison 9:15 Cycle Diana 10:30 Yoga Sonal 10:30/12 Silver Sneakers Donna 4:30 Cardio Mix Letitia 5:30 Step Mix Morgan 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal	5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Gingy 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey	6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Greg 5:30 *Box and Sculpt Jon 5:40 Step Mix William 5:40 Yoga Letitia 6:40 Zumba Valerie 6:40 Kung Fu Chad	5:30 *Box and Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 STT/GP David 9:15 REFIT/Zumba Valerie 9:30 Yoga Frank 9:15 Cycle Diana 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 *POUND Lauren 5:30 Cycle Cindy	8:00 BOOT CAMP – SARAH AND NICK 9:30 Cycle 30 w/abs Karen 9:30 Zumba Cookie 10:30 Yoga Sonal <hr/> 11:00 Silver Sneakers Wanda
9	10	11	12	13	14
6:00 Cycle Don 8:00 GP/STT Karen 9:30 Pilates Sonal 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 Cycle Cindy 5:30 GP/STT Robin 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Cyndi	5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Tammy R. 9:15 WIM Madison 9:15 Cycle Diana 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix William 5:30 *Box and Sculpt Jon 6:40 GP/STT Katie 6:40 Pilates/Yoga Sonal	5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Gingy 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey	6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Step Mix Katie 5:40 Yoga Letitia 6:40 Zumba Tammy 6:40 Kung Fu Chad	5:30 *Box and Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Karen 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 *POUND Lauren 5:30 Cycle Robin	<hr/> 8:00 Cardio Mix Letitia 9:30 Cycle 30 w/abs Letitia 9:30 Zumba Cookie 10:30 Yoga Cyndi 11:00 Silver Sneakers Kathy 12:30 Baby Ballet Lanie
16	17	18	19	20	21
6:00 Cycle Don 8:00 GP/STT Karen 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Robin 5:30 Cycle Cindy 5:30 GP/STT Randy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Cyndi	5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Tammy R. 9:15 WIM Madison 9:15 Cycle Karen 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix Katie 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal	5:45 STT/GP David 8:00 STT/GP Greg 9:30 Pilates Gingy 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey	6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Katie 5:30 *Box and Sculpt Jon 5-7 Zumbathon! 5:40 Yoga Letitia 6:40 Kung Fu Chad	5:30 *Box and Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Diana 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 *POUND Lauren 5:30 Cycle Letitia	<hr/> 8:00 Cardio Mix Katie 9:30 Cycle 30 w/abs Letitia 9:30 Zumba Kristen 10:30 Yoga Letitia 11:00 Silver Sneakers Donna
					22
					2:00 Cycle Cindy 2:00 Zumba Valerie 3:15 GP/ST David

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30 6:00 Cycle Don 8:00 GP/STT David 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance 4:30 Cycle 30 w/abs Robin 5:30 Cycle Letitia 5:30 GP/STT Katie 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Cyndi	<div style="border: 1px solid black; padding: 10px;"> <p>Movement is a medicine for creating change in a person's physical, emotional and mental states. - Carol Welch</p> <p>Have you tried one of our great yoga classes? Yoga is not about touching your toes. It is what you learn on the way down. -Jigar Gor</p> </div>				

Let April showers bring you inside to try one of our amazing classes!

We have a great schedule of classes and, as always, a few surprises along the way to enhance your workout and bring a change to your personal health. Note our boot camp on April 7th and a return of Morgan as a guest instructor twice this month!

JOIN US TODAY!