

APRIL Group Fitness



WWW.JOINCCBA.ORG
603-448-6477

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tabata 5:30 - 6:30 am Joanna	Deep Water FIT 5:30 - 6:25 am Lauren <i>Studio Rented 8:00-9:00 am</i>	Cardio X-Train 5:30 - 6:30 am Brandi Cardio Step 5:30 - 6:30 am Joanna		TRX 5:30 - 6:30 am Kathy Strength & Cardio Fusion 5:30 - 6:30 am Alena <i>Studio Rented 8:00-9:00 am</i>	Water Fit 8:00 - 9:00 am Apr 6 - Dianne Apr 13 - Joanna Apr 20 - Sowmya Apr 27 - Dianne 9:30-10:30 am Apr 6 - Dianne Pilates Mat Apr 13 - Joanna Cardio Step Apr 20 - Sowmya Strength & Cardio Fusion Apr 27 - Dianne Strength & Cardio Fusion TRX 8:00 - 9:00 am 9:10 - 10:10 am Kathy SUNDAY 10:30 - 11:30 am Apr 7 Anna - Strength & Cardio Fusion Apr 14 Natalie- Turbo Kick Apr 21 NO CLASS Apr 28 Liz- Zumba
Water FIT 8:30 - 9:30 am Rose	Aqua Zumba 8:30 - 9:30 am Susan	Water FIT 8:30 - 9:30 am Rose	Deep Water FIT 8:30 - 9:30 am Joanna	Water FIT 8:30 - 9:30 am Frances	
Zumba 9:15 - 10:15 am Susan	Pilates Vitae 9:15 - 10:15 am Frances	TRX 8:45 - 9:45 am Denise Tabata 9:15 - 10:15 am Joanna BEGINNER TRX 9:45 - 10:45 am Denise	Cardio X-Train 9:15 - 10:15 am Joseph	Cardio Step 9:15 - 10:15 am Joanna	
Gentle Yoga 10:30 - 11:30 am Connie	Iyengar Yoga Continuing 10:30 - 11:40 am Kristin	Cardio X-Train & TRX 10:45 - 11:45 am Joseph	Ashtanga Flow Yoga 10:30 - 11:30 am Jessika	Light N' Lively 10:30 - 11:30 am Joanna	
Cardio X-Train 12:00 - 1:00 pm Joseph		Strength & Cardio Fusion 3:45 - 4:30 pm Anna	BOOT CAMP 12:00 - 1:00 pm Alena		
Pilates Vitae 4:30 - 5:30 pm Dianne	Strength & Cardio Fusion 4:30 - 5:30 pm Anna	Gentle Yoga 4:35 - 5:30 pm Jenny S.	Strength & Cardio Fusion 4:30 - 5:30 pm Liza	Zumba 4:30 - 5:30 pm Liza	
TRX 5:45 - 6:45 pm Dianne	TRX 5:30 - 6:30 pm Kathy	Cardio X-Train 5:45 - 6:45 pm Liza			
Zumba 5:35 - 6:35 pm Liza	Turbo Kick 5:35 - 6:35 pm Natalie	Zumba 5:35 - 6:35 pm Michelle	Turbo Kick 5:35 - 6:35 pm Natalie		
Power Splash 6:00 - 7:00 pm Jenn		Power Splash 6:00 - 7:00 pm Frances			
	Ashtanga Flow Yoga 7:30 - 8:30 pm Jessika	<i>Studio Rented 6:40 - 7:45 pm</i>	Ashtanga Flow Yoga 7:00 - 8:00 pm Jessika		

You must sign up for CARDIO X-Train, Boot Camp & TRX classes. You may sign up 48 hours in advance. Classes are in the Functional Fitness Room.