

SPORTSPLEX



SPRING FITNESS CARNIVAL

**ADULT'S
EVENTS**

**SATURDAY APRIL 24,
8:00AM-12:00NOON**

Group Fitness Classes

7:15-8:00	BodyPump	<i>Jaclyn, Brenda, Daisy, Rita</i>
8:15-9:00	ZUMBA	<i>Brenda, Daisy</i>
8:30-9:15	Rock Spin	<i>Billy</i>
9:00-9:20	BodyVive	<i>Jaclyn, Rita</i>
9:20-9:40	BodyAttack	<i>Jaclyn, Brenda, Jeanne, Connie, Cassie</i>
9:45-10:30	Joy Ride	<i>John</i>
9:40-10:00	BodyCombat	<i>Brenda, Jeanne, Connie, Daisy</i>
10:00-10:20	Pilates	<i>Melina, Brenda, Jeanne</i>
10:20-10:40	Yoga	<i>Kelly</i>

