



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	50min RIDE Lindsay		50min RIDE Lindsay			
8:00 AM				*Fun + Fit Barbara	<b>NEW</b>	
8:15 AM				50min RIDE Jenny D		
9:00-11:00	KiDz FiTnEsS		KiDz FiTnEsS		KiDz FiTnEsS	
9:00 AM	*Fun + Fit Barbara	*Gentle Yoga Jean	*Strength in Motion Joyce	*Gentle Yoga Nefesh	*Strength in Motion Joyce	50min RIDE Madalyn
9:00 AM	Dance Rhythms Jody 30 min	ZUMBA Mary	Dance Rhythms Jody 30 min	Join us for BOTH!	Dance Rhythms Jody 30 min	
9:30 AM	ZUMBA Jody 40 min		ZUMBA Jody 40 min		ZUMBA Jody 40 min	
9:15 AM		50min RIDE Cami				
10:15 AM				<b>NEW</b> 		ZUMBA toning Lisa
10:15 AM	*Pilates Mary R.	Cardio Sculpt Vicki	*Power Pi-Yoga *Jessi	Cardio Sculpt Vicki	PiYo *Jessi	*Power Pi- Yoga Kristie
4pm-6:30pm	KiDz FiTnEsS	KiDz FiTnEsS	KiDz FiTnEsS	KiDz FiTnEsS		
4:30 PM		50min RIDE Mark		ZUMBA toning Lisa		
5:35 PM	Fat Burner! Barbara M	ZUMBA Keywi	TURBO KICK + weights Kristie	Step, Jump + Jive Dawn	ZUMBA Prisca/Keywi	
5:35 PM			*BELLY DANCING Polly	50min RIDE Mark	<div style="border: 2px solid blue; padding: 10px;"> <p style="text-align: center;"><b>Apr 21st</b></p> <p style="text-align: center;"> ZUMBA FITNESS</p> <p style="text-align: center;">in the <b>PARK</b></p> <p style="text-align: center;"><b>10:30-11:30am</b></p> <p style="text-align: center;">St Andrews Parks 1095 Playground Rd (By the Pavilion)</p> <p style="text-align: center;"><b>BRING YOUR FRIENDS + FAMILY!</b></p> <p style="text-align: center;"><b>FREE</b></p> <p style="text-align: center;">Kids of all ages welcome with an adult!</p> <p style="text-align: center;">No Zumba class here that day</p> </div>	
6:00 PM	50min RIDE Jeni H	PiYo Kristie	50min RIDE Jeni H			
6:35 PM	RIPPED Lindsay		ZUMBA Mary	<b>Great for BEGINNERS!</b>		
6:35 PM	*Yoga Mimi		*Yoga Jessi	*Core + More Vicki		
7:00 PM		*Adult Tae Kwon Do 7-8:30pm		*Adult Tae Kwon Do 7:30-9pm		

Blue (light) Shaded Classes () are held in the INDOOR CYCLING ROOM

Please plan to arrive 10-15min early to get your bike set up for Indoor Cycling!

Yellow (dark) Shaded Classes (\*) are held in the Multi-Purpose Room (Downstairs).

Classes are 55min long unless indicated otherwise.

Classes with less than 5 in attendance will be canceled.

FULL COLOR SCHEDULE also found at [www.standrewsfitness.com](http://www.standrewsfitness.com)

**Updated 3-27-12**

**APR**