

4

APRIL

2018

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing

NOTES:

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space.













Please sign up at westernracquet.com or by call the front desk at 497-1161.

MILES 4 DAD fundraiser

We're happy to present the 'Sweatin' Through the Decades' event benefiting the Leukemia and Lymphoma Society. Come dressed in your best costume

from the 70s, 80s or 90s and sweat to the sweet hits from the decades. Participants will start with either 30 minutes of cycling or 30 minutes of rowing - and then swap classes for the next 30 minutes. We'll wrap it up with an awesome dance party complete with Best Costume Prizes! Learn more and register at miles4dad.tix.com.

Friday 5:30pm Dance Fitness will be CANCELED as of 5/1/2018. Please enjoy our last two Friday evening Dance Fitness classes on 4/6 & 4/20.

	SUN	MON	TUES	WED	THURS	FRI	SAT
	1  CLUB CLOSED	2 INDO ROW® 10:00am with Stacy TRX 6-Week Session Begins	3 TRX DROP-IN 4:30pm with Becky W. INDO ROW® 5:30pm with Jessie	4	5 TRX+ROW 5:30pm with Amanda	6  5:30pm with Stephanie	7 8:00am - STRONG BY ZUMBA with Taeler TRX101 8:00am with Becky V. (FREE) INDO ROW® 9:00am with Lisa 9:00am - STRENGTH with Stephanie 10:00am - YOGA with Michaela
	8  1:00pm Sunday Snippet: Cycling with Becky W.	9 INDO ROW® 10:00am with Dan INDO ROW® 5:30pm with Alissa	10 TRX DROP-IN 4:30pm with Becky W.	11	12 INDO ROW® 5:30pm with Becky W.	13  5:30pm with Peggy	14 8:00am - CYCLING with Alissa 9:00am - STRENGTH with Katie INDO ROW® 9:00am with Alissa  9:30am MASTERCLASS with Kelly Bullard (FREE)* 10:00am - YOGA with Stephanie T.
	15  9:15am MASTERCLASS with Kelly Bullard (FREE)  1:00pm Sunday Snippet: Cycling with Amanda	16 INDO ROW® 10:00am with Stacy	17 CORECREW 5:00pm with Jessie	18	19 TRX+ROW 5:30pm with Amanda	20  5:30pm with Stephanie	21 8:00am - CYCLING with Jodi INDO ROW® 9:00am with Kari 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Nichelle
	22  1:00pm Sunday Snippet: Cycling with Lisa	23 INDO ROW® 10:00am with Dan	24 TRX101 4:30pm with Becky W. (FREE)	25	26	27  5:30pm with Becky W.	28 8:00am - CYCLING with Amanda INDO ROW® 9:00am with Peggy 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Cathy
	29  11:00am - 12:30pm  1:00pm Sunday Snippet: Cycling with Peggy	30 INDO ROW® 10:00am with Stacy					

*MUST SIGN UP AT FRONT DESK