

**APRIL CLASS SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 AM		WAKE UP WORKOUT	 <b>SPINNING</b> **		WAKE UP WORKOUT		
5:30 AM	<i>Spin &amp; Praise</i>			<i>Spin &amp; Praise</i>			
7:30 AM						<i>Footprints</i>	
8:15 AM					<i>Aqua Aerobics Holiday Inn</i>	<b>TOTAL BODY</b>	
9:00 AM	Cardio & Strength	<b>YOGA</b>	<i>Resistance Training Circuit</i>	Balance Pilates	<b>YOGA</b>	 <b>ZUMBA</b> fitness	Wallyball 6pm
5:30 PM	<i>BODY Sculpting</i>	<b>YOGA</b>	 <b>ZUMBA</b> fitness	<i>Barre</i>	<p><u><b>Upcoming Events</b></u></p> <p><u><b>Child Care (Kidz Klub)</b></u>            Monday-Thursday 5-7:30 PM            Saturday 7:30-10:30 AM</p> <p><u><b>Biggest Loser Season 19</b></u>            April 3rd, 7:00 p.m., Registration closes            April 12th, 5:30 a.m. - 6:30 p.m. Initial Weigh-in            Wednesdays, noon &amp; 6 p.m. Last Chance Workout</p> <p><u><b>EverBody's Day at the Ballpark</b></u>  <u><b>Great American Ballpark - Cincinnati</b></u>            Tickets on Sale            Game day: June 30, 4 p.m. edt            Brewers vs Reds</p>		
	<i>Aqua Aerobics Holiday Inn</i>	Pound** (Court 1)	<i>Aqua Aerobics Holiday Inn</i>				
6:15 PM	**  <b>SPINNING</b>	**  <b>SPINNING</b>	**  <b>SPINNING</b>	<b>YOGA</b>			
	<i>Barre</i>	 <b>ZUMBA</b> fitness	<i>Boxing</i>				
6:30 PM	 <b>ZUMBA</b> fitness at Schergen Center						

\*Reservations are required for Spinning & Pound classes

**Inclement Policy** - If TC schools are closed due to inclement weather, there will be no classes. If TC Schools are on a delay there will be no morning classes. **Always use your judgment when deciding to drive during the winter months.**