

# The Miller Center Group Fitness Schedule: April 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Cycle	Cycle Erv	RPM® Sarah	Cycle Erv		Cycle Erv	
	GF	BodyFlow® Tereza	Pure Strength Sonya	Boot Camp (April 3 and 17) Legs and Abs (April 10 and 24) Sonya	GRIT® Chuck	BodyPump® Jess J	GRIT® (7:30 AM) Chuck
8:15am	GF	BOOM Move® Heather	Sport Yoga Heather	BodyPump® Tereza	Sport Yoga Heather	Pure Strength Sonya	BodyPump® Jason
9:15am	GF	BOOM Muscle® Heather		Chiseled Janice	Zumba® Rebecca	BodyAttack® & BodyCombat® Kathy & Rebecca	Zumba® Rotation
	Cycle/ Court 2		Cycle Liz	Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	RPM® Jason
	AB/ C	Chair Yoga Dawn	Silver Sneakers Yoga® Sue	Booty Barre® (C) Kathy		Chair Yoga Dawn	
10:15am	GF	Chiseled Liz			BodyStep® & BodyPump® Kathy & Rebecca	GRIT® Meredith	Beginner Ballet Jess H
	AB/ Cycle	Classical Yoga Dawn		Restore Rotation Beginner Yoga (April 3) Silver Sneakers Yoga (April 10) Tai Chi (April 17) Silver Sneakers Yoga (April 24)	Tai Chi® Fawn	Classical Yoga Dawn	Warrior Ride Jason
12:00pm	GF/ Cycle	Sprint® Emily	Beginner TRX Matt	Sprint® Emily	Beginner TRX Matt		
	AB/ Court 2	Silver Sneakers Classic® Janice		Restorative Yoga Dawn	Silver Sneakers Classic® Janice		
4:15pm	GF/ Cycle	GRIT® (5:00 PM) Jess J	Sprint® & Warrior Jason	GRIT® (5:00 PM) Bob	Sprint® & Warrior Jason		
5:30pm	GF	BodyPump® Jess J	Zumba® Rotation	BodyCombat® (April 3 and 17) BodyStep® (April 10 and 24) Rebecca/Jess J	BodyPump® Tereza	Booty Barre® Jess H	
	Cycle		Cycle Paula		Cycle Paula		
	AB/DE	Pilates (DE) Jess H (April 8 and 22)	BodyFlow® Tereza	Power Yoga Sue	Zumba® Rotation (DE)		
6:15pm	GF		BodyAttack® Kathy				