

APRIL	Club One	Group	Fitness	Schedule	<u>Clubonefit.com</u>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Inclement Weather Policy: Queen Annes County School Delays...am classes & am kids club w/be delayed 1 hr. School Closings...am aerobic classes & am kids club w/be delayed 1 hr. please call regarding pm aerobic classes & kids club. 6am class based on instructor*In extreme weather conditions please call for updates Calendar subject to change			1 5:30-6:15am SPIN Mary 6am STRENGTH CORE & FLEXIBILITY W/TRX :T" 8:30-9:30 BODY BASICS Sherry 9:30-10:30 BUST BUTT BOOTCAMP Christine 9:30 -10:30am SPIN Jen 10:30-11am BARRE & BALANCE 10:30-11:15 IRON PUMP Mike 5-6pm Dance Fitness Ella 5-6pm FIT N SPIN Kathy 6-7pm IRON PUMP Jonathan	2 6am FIT & SPIN Mike L 6-7am BOOTCAMP Christine 8:30-9:30am YOGA Kelly Spin Room 9:30-10:30am HIIT CORE & MORE Kelly 9:30-10:30am FIT N SPIN Christine	3 8-9am BOOTCAMP Chrsitine 8-9am BARRE/SCULPT spin rm Kelly 9-10am SPIN Jonathan 9-10am IRON PUMP PLUS Jim 10:15-11:15am Dance Fitness Damaris
4 EASTER CLUB CLOSED	5 6-7am HITT Mike 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am HIIT THE STEP! Christine 9:30-10:30am FIT N SPIN Kelli 5-6pm <u>Yoga Heather</u> 6-7pm HIIT CORE & MORE Missy 6-7pm FIT N SPIN Jen	6 6-7am CROSS CONDITIONING & HIIT Mike 8:30-9:30am TONE & STRENGTH Jim 9:30-10:15am Vinyasa Yoga Carol 9:30-10:30am SPIN & BARRE Christine 10:15-11am IRON PUMP Mike 5-6pm Dance Fitness Damaris 6-7pm PUMP Missy 6-7pm BIKE & ABS Mike L	7 6-7am BOOTCAMP Mike 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am CARDIO BLAST Christine 9:30-10:30am FIT N SPIN Jen 5-6pm CORE CONTROL Christine 6pm-7pm HIIT TRX & CORE Kelly	8 5:30-6:15am SPIN Tammy 6am STRENGTH CORE & FLEXIBILITY W/TRX "T" 8:30-9:30am BODY BASICS Sherry 9:30-10:30am BUST BUTT BOOTCAMP Christine 9:30 -10:30am SPIN Jen 10:30-11am BARRE & BALANCE 10:30-11:15am IRON PUMP Mike 5-6pm Dance Fitness Missy 5-6pm FIT N SPIN Kathy 6-7pm IRON PUMP Jonathan	9 6am FIT & SPIN Mike L 6-7am BOOTCAMP Mike 8:30-9:30am YOGA Kelly Spin Room 9:30-10:30am HIIT CORE & MORE Kelly 9:30-10:30am FIT N SPIN Christine	10 8-9am BOOTCAMP Mike 8-9am BARRE/SCULPT spin rm Kelly 9-10am SPIN Kathy 9-10am IRON PUMP PLUS Jim 10:15-11:15am Dance Fitness Missy
11 9-10am SPIN Damaris 9-10am HIIT CORE & MORE Kathy 10-11am YOGA Lisa	12 6-7am HITT Mike 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am HIIT THE STEP! Christine 9:30-10:30am FIT N SPIN Kelli 5-6pm Yoga Heather 6-7pm HIIT CORE & MORE Missy 6-7pm FIT N SPIN Kelly	13 6-7am CROSS CONDITIONING & HIIT Mike 8:30-9:30am TONE & STRENGTH Jim 9:30-10:15am Vinyasa Yoga Carol 9:30-10:30am SPIN & BARRE Christine 10:15-11am IRON PUMP Mike 5-6pm Dance Fitness Damaris 6-7pm PUMP Missy 6-7pm BIKE & BARRE Kathy	14 6-7am BOOTCAMP "T" 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am CARDIO BLAST Christine 9:30-10:30am FIT N SPIN Jen 5-6pm CORE CONTROL Christine 6pm-7pm HIIT TRX & CORE Kelly	15 5:30-6:15am SPIN Mary 6am STRENGTH CORE & FLEXIBILITY W/TRX Mike 8:30-9:30 BODY BASICS Sherry 9:30-10:30 BUST BUTT BOOTCAMP Christine 9:30 -10:30am SPIN Jen 10:30-11am BARRE & BALANCE 10:30-11:15 IRON PUMP Mike 5-6pm Dance Fitness Ella 5-6pm FIT N SPIN Missy 6-7pm IRON PUMP Jonathan	16 6am FIT & SPIN Mike L 6-7am BOOTCAMP Christine 8:30-9:30am YOGA Kelly Spin Room 9:30-10:30am HIIT CORE & MORE Kelly 9:30-10:30am FIT N SPIN Christine	17 8-9am BOOTCAMP Mike 8-9am BARRE/SCULPT spin rm Kelly 9-10am SPIN Missy 9-10am IRON PUMP PLUS Jim 10:15-11:15am Dance Fitness Damaris
18 9-10am SPIN Tammy 9-10am HIIT Core & MORE Kathy 10-11am POWER YOGA Jonathan	19 6-7am HITT Mike 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am HIIT THE STEP! Kelly 9:30-10:30am FIT N SPIN Kelli 5-6pm Yoga Heather 6-7pm HIIT CORE & MORE Missy 6-7pm FIT N SPIN Kelly	20 6-7am CROSS CONDITIONING & HIIT Mike 8:30-9:30am TONE & STRENGTH Jim 9:30-10:15am Vinyasa Yoga Carol 9:30-10:30am SPIN & BARRE Damaris 10:15-11 IRON PUMP Mike 5-6pm Dance Fitness Damaris 6-7pm PUMP Missy 6-7pm BIKE & ABS Mike L	21 6-7am BOOTCAMP "T" 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am CARDIO BLAST Mike 9:30-10:30am FIT N SPIN Damaris 5-6pm POWER YOGA Jonathan 6pm-7pm HIIT TRX & CORE Kelly	22 5:30-6:15am SPIN Mary 6am STRENGTH CORE & FLEXIBILITY W/TRX "T" 8:30-9:30am BODY BASICS Sherry 9:30-10:30am BUST BUTT BOOTCAMP Mike 9:30-10:30 SPIN Damaris 10:30-11am BARRE & BALANCE 10:30-11:15am IRON PUMP Mike 5-6pm Dance Fitness Missy 5-6pm FIT N SPIN Jonathan 6-7pm IRON PUMP Kathy	23 6am FIT & SPIN Mike L 6-7am BOOTCAMP Mike 8:30-9:30am YOGA Kelly Spin Room 9:30-10:30am HIIT CORE & MORE Kelly 9:30-10:30am FIT N SPIN Kelli	24 8-9am BOOTCAMP Mike 8-9am BARRE/SCULPT (in spin Room) Kelly 9-10am SPIN Kathy 9am-10am IRON PUMP PLUS Jim 10:15-11:15am Dance Fitness Missy
25 9-10am SPIN Mike L 9-10am HIIT CORE & MORE Kathy 10-11am YOGA Lisa	26 6-7am HITT Mike 7:30am SPECIALTY CLASS POWER BARRE Jonathan 9:30-10:30am HIIT THE STEP! Christine 9:30-10:30am FIT N SPIN Kelli 5-6pm Yoga Heather 6-7pm HIIT CORE & MORE Missy 6-7pm FIT N SPIN Jen	27 6-7am CROSS CONDITIONING & HIIT Mike 8:30-9:30am TONE & STRENGTH Jim 9:30-10:15am Vinyasa Yoga Carol 9:30-10:30am SPIN & BARRE Christine 10:15-11am IRON PUMP Mike 5-6pm Dance Fitness Ella 6-7pm PUMP Missy 6-7pm BIKE & BARRE Kathy	28 6-7am BOOTCAMP "T" 9:30-10:30am CARDIO BLAST Christine 9:30-10:30am FIT N SPIN Jen 5-6pm CORE CONTROL Christine 6pm-7pm HIIT TRX & CORE Kelly	29 5:30-6:15am SPIN Mary 6am STRENGTH CORE & FLEXIBILITY W/TRX "T" 8:30-9:30 BODY BASICS Sherry 9:30-10:30 BUST BUTT BOOTCAMP Christine 9:30 -10:30am SPIN Jen 10:30-11am BARRE & BALANCE 10:30-11:15 IRON PUMP Mike 5-6pm Dance Fitness Missy 5-6pm FIT N SPIN Mike L 6-7pm IRON PUMP Kathy	30 6am FIT & SPIN Mike L 6-7am BOOTCAMP Christine 8:30-9:30am YOGA Kelly Spin Room 9:30-10:30am HIIT CORE & MORE Kelly 9:30-10:30am FIT N SPIN Christine	