

April

Body Pump-Maria								Lunch Time Circuit Training					
Hip Hop Dance- Cindy								Tabatta/Circuit B.C. - Kimberly					
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		Training Holiday 0800-2000 2		3		4		5		6		7	
				0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
				L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330			
8		9		10		11		12		13		14	
				0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330			
15		16		17		18		19		Training Holiday 0800-2000 20		21	
				0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330			
22		Training Holiday 0800-2000 23		24		25		26		27		28	
				0900 Tabatta		0900 Body Pump		0930 Circuit Boot Camp		1000 Hip Hop Dance			
				L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330			
29		30		1		2		3		4		5	
				0900 Tabatta		0900 Body Pump				1000 Hip Hop Dance			
				L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330			

All classes are \$4 each.

Coupon Books available for all classes

Functional Fitness now available. To schedule a PT Session, please Contact JMRC representatives at DSN: 520-5863

Personal Trainers are here, Book with staff now.

Classes times and dates are subject to change!