








# Pointe Fitness and Training Center April 2017 Group Fitness and SPINNING Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30-Apr</b> 9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE  10:00 AM SPINNING- COLLEEN  11:00 AM-ZUMBA-JENNA	  <p>Etiquette Reminder:</p> <p>A note from the "Gym Dog" of Fitness Etiquette...</p> <p>Please BE IN CLASS on time and ready to begin! (If you are more than 5 minutes late...You may be asked to come back another day, see Etiquette signs) Please be respectful to ALL of the instructors and participants of the class.</p> <p>For more "Fitness Etiquette", please see the signs located around the group fitness room.</p>  					<b>1-Apr</b> 8:00 AM -H I I T's- TONI  9:00 AM-TNT-TONI  10:15 AM-ZUMBA- EDDIE
<b>2-Apr</b> 9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE  <u>10:00 AM SPINNING- VAL</u>  <u>11:00 AM-ZUMBA-JENNA</u> 	<b>3-Apr</b> 5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	<b>4-Apr</b> 5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN  4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- NINO</u> 7:00 PM -TNT - TRACY ZUMBA - 8:00 PM - JENNA	<b>5-Apr</b> 5:45 AM-SPINNING-COLLEEN 5:30 AM-BARRE- AnnMarie  8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	<b>6-Apr</b> 5:30 AM-TNT-TONI 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -TNT- ROSA  <u>7:00 PM SPINNING- VAL</u>  ZUMBA - 8:00 PM - JENNA	<b>7-Apr</b> 5:30 AM - Kickbox -TRACY 8:30 AM -TNT -VAL 9:45 AM - YOGA - DONNIE	<b>8-Apr</b> 8:00 AM -KICKBOX - TRACY  9:00 AM-TNT-TRACY  10:15 AM-ZUMBA- EDDIE
<b>9-Apr</b> 9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE  <u>10:00 AM SPINNING- NINO</u>  <u>11:00 AM-ZUMBA-JENNA</u> 	<b>10-Apr</b> 5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	<b>11-Apr</b> 5:30 AM-TNT-TRACY 8:30 am - BARRE- SUSAN  4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- VAL</u> 7:00 PM -TNT- ROSA ZUMBA - 8:00 PM - JENNA	<b>12-Apr</b> <u>5:45 AM-SPINNING-COLLEEN</u> 5:30 AM - BARRE  8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	<b>13-Apr</b> 5:30 AM-TNT-TONI 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM - FUSION - TRACY <u>7:00 PM SPINNING- NINO</u>  ZUMBA - 8:00 PM - JENNA	<b>14-Apr</b> 5:30 AM - Kickbox- AnnMarie 8:30 AM- Buff Body-Christina 9:45 AM - YOGA - DONNIE	<b>15-Apr</b> 8:00 AM -Circuit -AnnMarie  9:00 AM-TNT- AnnMarie  10:15 AM-ZUMBA- EDDIE
<b>16-Apr</b> 	<b>17-Apr</b> 5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT - SUSAN 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	<b>18-Apr</b> 5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN  4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00PM-SPINNING -AnnMarie</u> 7:00 PM -TNT- ROSA ZUMBA - 8:00 PM - JENNA	<b>19-Apr</b> <u>5:45 AM-SPINNING-COLLEEN</u> 5:30 AM - BARRE  8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	<b>20-Apr</b> 5:30 AM-TNT-TRACY 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM-TNT-TONI <u>7:00 PM SPINNING- VAL</u>  ZUMBA - 8:00 PM - JENNA	<b>21-Apr</b> 5:30 AM -STEP/Cardio-TRACY 8:30 AM- Buff Body-Christina 9:45 AM - YOGA - DONNIE	<b>22-Apr</b> 8:00 AM - KICKBOX - VAL  9:00 AM-TNT-VAL  10:15 AM-ZUMBA- EDDIE
<b>23-Apr</b> 10:00 AM-CardioMix-AnnMarie 10:00 AM -Pilates- CATE  <u>10:00 AM SPINNING- NINO</u>  <u>11:00 AM-ZUMBA-JENNA</u>	<b>24-Apr</b> 5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	<b>25-Apr</b> 5:30 AM-TNT-TRACY 8:30 am - BARRE- SUSAN  4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- VAL</u> 7:00 PM-TNT-TONI ZUMBA - 8:00 PM - JENNA	<b>26-Apr</b> <u>5:45 AM-SPINNING-COLLEEN</u> 5:30 AM - BARRE  8:30 AM - YOGA - DONNIE 10:00 AM- Buff Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	<b>27-Apr</b> 5:30 AM-TNT-TONI 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -TNT- ROSA  <u>7:00 PM SPINNING- NINO</u>  ZUMBA - 8:00 PM - JENNA	<b>28-Apr</b> 5:30 AM -STEP/Cardio-TRACY 8:30 AM- Buff Body-Christina 9:45 AM - YOGA - DONNIE	<b>29-Apr</b> 8:00 AM -Circuit -AnnMarie  9:00 AM-TNT- AnnMarie  10:15 AM-ZUMBA- EDDIE