

APRIL 2017

Mon	Tue	Wed	Thu	Fri	INSTRUCTORS: (SEE BELOW)
3	4	5	6	7	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Good Morning Stretch 7:00a – 7:45a Instructor: Tabby Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Good Morning Stretch 7:00a – 7:45a Instructor: Tabby Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	Cathy Kumar Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion
10	11	12	13	14	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Good Morning Stretch 7:00a – 7:45a Instructor: Tabby Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Good Morning Stretch 7:00a – 7:45a Instructor: Tabby Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	Tabby Porterfield ACE Certified Group Fitness Instructor /M.S. Human Wellness
17	18	19	20	21	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Good Morning Stretch 7:00a – 7:45a Instructor: Tabby Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Good Morning Stretch 7:00a – 7:45a Instructor: Tabby Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
24	25	26	27	28	
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