

# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Kelly * 4:30pm Pump - Kelly * 5:30pm Cycling - Kelly	<b>2</b> * 5:15am Pump - Kelly 7:00am Pilates - Cathy 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>3</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Cathy * 4:30pm Pump - Karen 5:30pm Yoga - Jodi	<b>4</b> * 5:15am Pump -Kelly 8:00am Silver Sneakers - Cathy	<b>5</b> 5:15am Yoga - Dr Kerry 8:30am Silver Sneakers - Cathy	<b>6</b>
<b>7</b>	<b>8</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Cathy * 4:30pm Pump - Kelly * 5:30pm Cycling - Karen	<b>9</b> * 5:15am Pump - Kelly 7:00am Pilates - Cathy 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>10</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Cathy * 4:30pm Pump - Karen 5:30pm Yoga - Jodi	<b>11</b> * 5:15am Pump -Kelly 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>12</b> 5:15am Yoga - Dr Kerry * 5:15am \$TRX - Kelly L. 8:30am Silver Sneakers - Syd	<b>13</b>
<b>14</b>	<b>15</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Syd * 4:30pm Pump - Kelly * 5:30pm Cycling - Karen	<b>16</b> * 5:15am Pump - Kelly 7:00am Pilates - Cathy 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>17</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Cathy * 4:30pm Pump - Karen 5:30pm Yoga - Jodi	<b>18</b> * 5:15am Pump -Kelly 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>19</b> 5:15am Yoga - Dr. Kerry 8:30am Silver Sneakers - Cathy	<b>20</b>
<b>21</b>	<b>22</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Robyn * 4:30pm Pump - Kelly * 5:30pm Cycling - Karen	<b>23</b> * 5:15am Pump - Kelly 7:00am Pilates - Cathy 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>24</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Cathy * 4:30pm Pump - Karen 5:30pm Yoga - Jodi	<b>25</b> * 5:15am Pump -Kelly 8:00am Silver Sneakers - Cathy	<b>26</b> 5:15am Yoga - Dr. Kerry * 5:15am \$TRX - Kelly L. 8:30am Silver Sneakers - Robyn	<b>27</b>
<b>28</b>	<b>29</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Robyn * 4:30pm Pump - Kelly * 5:30pm Cycling - Karen	<b>30</b> * 5:15am Pump - Kelly 7:00am Pilates - Cathy 8:00am Silver Sneakers - Cathy 4:30pm Yoga STRONG - Jodi	<b>1</b> * 5:15am Cycling - Amy 8:30am Silver Sneakers - Cathy * 4:30pm Pump - Karen 5:30pm Yoga - Jodi	<b>2</b> * 5:15am Pump -Kelly 8:00am Silver Sneakers - Cathy	<b>3</b> 5:15am Yoga - Dr. Kerry 8:30am Silver Sneakers - Robyn	<b>4</b>
<p><b>Notes: Please *register* on <a href="http://Biancosfitness.com">Biancosfitness.com</a> to save your spot for Pump, Cycling, or TRX.</b></p> <p>\$ indicates that class is an extra fee, not included with your membership.</p> <p>Bianco's Fitness Center is available 24/7. Visit during staffed hours to purchase an access card.</p> <p>Please follow all fitness center rules during both staffed and non staffed hours.</p>						