

SNR Express Group Exercise Calendar - April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00 PM - Strong Zumba w/Antonia	2 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 7:00PM - Strong Zumba w/Antonia	3 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00PM - Strong Zumba w/Antonia	4 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Britney 6:30PM- Aiki-Jitsu/Do w/Tim	5 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	6 9:00AM - Strong Zumba w/Antonia 10:30AM - Yoga w/Amber
7	8 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00 PM - Strong Zumba w/Antonia	9 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Britney 7:00PM - Strong Zumba w/Antonia	10 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00PM - Strong Zumba w/Antonia	11 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Britney 6:30PM- Aiki-Jitsu/Do w/Tim	12 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Britney 6:00PM - Strong Zumba w/Antonia	13 9:00AM -Strong Zumba w/Antonia 10:30AM - Yoga w/Amber
14	15 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00 PM - Strong Zumba w/Antonia	16 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Britney 7:00PM - Strong Zumba w/Antonia	17 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00PM- Strong Zumba w/Antonia	18 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	19 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	20 9:00AM - Strong Zumba w/Antonia 10:30AM - Yoga w/Amber
21	22 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00 PM - Strong Zumba w/Antonia	23 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 7:00PM - Strong Zumba w/Antonia	24 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00PM- Strong Zumba w/Antonia	25 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	26 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	27 9:00AM - Strong Zumba w/Antonia 10:30AM - Yoga w/Amber
28	29 9:00 AM - Group workout w/Sue 6:00PM - Mixed Fit w/Schricka 7:00 PM - Strong Zumba w/Antonia	30 9:00 AM - Group workout w/Sue 10:00AM - Senior Fitness w/Tamara 7:00PM - Strong Zumba w/Antonia				

Aiki-Jitsu/Do-is a martial art form that includes the throwing art of Aikido along with other techniques like grappling, throwing and striking.

Mixed Fit - is a dance fitness program that is a mix of boot camp, toning and explosive movements. Snapbacks, booty pops, body rolls and diagonal pumps are put together in a fitness dance format.

Senior Fitness - is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

Strong Zumba-is a high intensity interval class - think burpees, pushups, and other high-impact moves - that is synced to specific music.

Yoga - is a class where postures are practiced to align, strengthen and promote flexibility in the body.

Zumba- is a fusion of Latin and International music / dance themes that create a dynamic and exciting environment. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.