



APRIL 2024



Mon	Tue	Wed	Thu
1 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	2 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	3 1500-1700 Open & WOD Fitness	4 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
8 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	9 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	10 1500-1700 Open & WOD Fitness	11 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
15 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	16 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	17 1500-1700 Open & WOD Fitness	18 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
22 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	23 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	24 1500-1700 Open & WOD Fitness	25 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
29 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	30 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility		
Youth must be registered with Child and Youth Services to participate in any fitness activity.	JR Classes are for ages 8-10 years. Other classes are for ages 11-18 unless otherwise specified.	Open Fitness is for 6th-12th graders. WOD is a full body workout created by our staff that	Girls Only is a comprehensive Functional Fitness Class.