





# April

**\*•Schedule Update•\***  
**Alex will be Tuesdays at 6PM**  
**Bre will be Wednesday at 6PM**  
**COMMIT SCULPT- Thursday's at 7PM**

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> 12PM: PURE STRENGTH TRAINING - THERESA 6PM: ZUMBA/COMMIT DANCE FITNESS-ALEX	<b>2</b> 6PM: COMMIT DANCE FITNESS- BRE	<b>3</b> 6PM: COMMIT DANCE FITNESS- BRE 7PM: COMMIT SCULPT- MOLLY 		<b>5</b> 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP	<b>6</b> 10AM:FITNESS BOOTCAMP 1PM: KIDS CLUB
<b>7</b> 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	<b>8</b> 12PM: PURE STRENGTH TRAINING - THERESA 6PM: ZUMBA/COMMIT DANCE FITNESS-ALEX	<b>9</b> 6PM: COMMIT DANCE FITNESS- BRE	<b>10</b> 6PM: COMMIT DANCE FITNESS- BRE 7PM: COMMIT SCULPT- MOLLY 		<b>12</b> 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP	<b>13</b> 10AM:FITNESS BOOTCAMP 1PM: KIDS CLUB
<b>14</b> 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	<b>15</b> 12PM: PURE STRENGTH TRAINING - THERESA 6PM: ZUMBA/COMMIT DANCE FITNESS-ALEX	<b>16</b> 6PM: COMMIT DANCE FITNESS- BRE	<b>17</b> 6PM: COMMIT DANCE FITNESS- BRE 7PM: COMMIT SCULPT- MOLLY 		<b>19</b> 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP	<b>20</b> 10AM:FITNESS BOOTCAMP 1PM: KIDS CLUB <i>Happy Easter</i>
<b>21</b> 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	<b>22</b> 12PM: PURE STRENGTH TRAINING - THERESA 6PM: ZUMBA/COMMIT DANCE FITNESS-ALEX	<b>23</b> 6PM: COMMIT DANCE FITNESS- BRE	<b>24</b> 6PM: COMMIT DANCE FITNESS- BRE 7PM: COMMIT SCULPT- MOLLY 		<b>26</b> 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (turf) 11AM: FITNESS BOOTCAMP 1PM:KIDS CAMP	<b>27</b> 10AM:FITNESS BOOTCAMP 1PM: KIDS CLUB
<b>28</b> 9AM: CYCLING- ANNEMARIE 6PM: COMMIT DANCE FITNESS-ALEX & TESA	<b>29</b> 12PM: PURE STRENGTH TRAINING - THERESA 6PM: ZUMBA/COMMIT DANCE FITNESS-ALEX	<b>30</b> 6PM: COMMIT DANCE FITNESS- BRE				