

April Specialty Group Training Calendar						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 <b>7am Drop10 Demo</b>  <b>9:30am Mid-Morning Madness Demo</b>	5	6 <b>7am Drop10 Demo</b>  Mid-Morning Madness M/W 9:30am Starts today Ends 5/2	7	8	9 Tight 'N Tone Saturdays 9am Starts today Ends 4/30	10
11 Drop10 M/W 7am Starts today Ends 6/6	12 <b>6pm Drop10 Demo</b>	13 <b>7pm Sports Conditioning Demo</b>	14	15 <b>6pm Drop10 Demo</b>	16 <b>12pm Weekend Warriors Demo</b>	17
18	19 <b>7am Movement Bootcamp Demo</b>  Drop10 T/F 6pm Starts today Ends 6/10	20 Sports Conditioning W 7pm Starts today Ends 5/11	21	22	23 Weekend Warriors Saturdays 12pm Starts today Ends 5/14	24
25 <b>6am Rise &amp; Shine Bootcamp Challenge Demo</b>	26 <b>6am Bootcamp Blast Demo</b>  Movement Bootcamp T 7am Starts today Ends 5/17	27 Rise & Shine Bootcamp Challenge M/W/F 6am Starts today Ends 5/23	28	29 <b>A \$15 fee applies to all Specialty Group Training and Drop10 demonstrations</b> ** Members receive one complimentary demonstration **	30 <b>SGT Rates:</b> 3x/week \$220m/\$264g 2x/week \$155m/\$186g 1x/week \$81m/\$97g All groups are a 4 week commitment, non-refundable and non-transferable.	

## April BURN Schedule

### MONDAY

8:00am	Total Body BURN	KH
6:00pm	Endurance BURN	MJ

### TUESDAY

7:00am	Core BURN	KH
Noon	Rowing BURN	SS
7:00pm	Total Body BURN	JL

### WEDNESDAY

5:00pm	Kettlebell BURN	SS
6:30pm	Cycle BURN	CP

### THURSDAY

6:00pm	Core BURN	MJ
7:00pm	Total Body BURN	LT

### FRIDAY

8:00am	Core BURN	ND
9:00am	Rowing BURN	SS

### SATURDAY

10:00am	Total Body BURN	RC
11:00am	Core BURN	KH
1:00pm	Bootcamp BURN	ML

### BURN COACHES

MJ: Meg Julian	JL: Jakki LeBlanc	CP: Carley Phipps
ML: Megan Lynch	LT: Lauren Tymon	SS: Sunny Schettler
KH: Kim Hunter	RC: Regan Crane	ND: Natalie DeAngelo

### SUNDAY

10:00am	Total Body BURN	CP
Noon	Cycle BURN	CP
5:00pm	Kettlebell BURN	SS

### BURN Rates:

10 pack \$278member/\$336guest; 5 pack \$168member/\$210guest

Single \$39member/\$45guest

\*\* All BURN classes are subject to a 24 hour cancellation policy \*\*