

Group Fitness Intro Clinics

April

SUN	MON	TUE	WED	THU	FRI	SAT
	Learn the basic techniques and exercise safety for either BOSU, Group Power, Kickbox, Box & Bag, Step, Pilates Reformer or Spinning. Please sign up at the Member Services Desk. For clinics listed as "Group Fitness Orientation", please indicate your area of interest when			3	4	5
6	7 Spin Orientation 8:30-9:00am Spin Studio	8  9:30-10:00am Studio 1 Spin Orientation 5:00-5:25pm Spin Studio	9	10 Spin Orientation 8:45-9:15am Spin Studio	11	12
13	14 Spin Orientation 5:00-5:25pm Spin Studio	15	16	17	18	19
20	21 Spin Orientation 5:00-5:25pm Spin Studio	22  9:30-10:00am Studio 1	23 Spin Orientation 5:00-5:25pm Spin Studio	24  9:00-9:30am Studio 1	25	26
27	28	29 Spin Orientation 5:00-5:25pm Spin Studio	30			

COURT HOUSE PLUS
Fitness & Wellness Center

(860) 649-0597