

NACC Fitness Classes – April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 <i>Bootcamp 530-630 AM</i>
8	9 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM Yoga 715 PM</i>	10 <i>Cardio 615 - 645 PM</i>	11 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM Yoga 715 PM</i>	12 <i>Cardio 615 - 645 PM</i>	13	14 <i>Bootcamp 530-630 AM</i>
15	16 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM</i>	17 <i>Cardio 615 - 645 PM</i>	18 <i>Bootcamp 530-630 AM Fitness Class 630 - 715 PM Yoga 715 PM</i>	19 <i>Cardio 615 - 645 PM</i>	20	21 <i>Bootcamp 7 AM</i>
22	23 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM</i>	24 <i>Cardio 615 - 645 PM</i>	25 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM Yoga 715 PM</i>	26 <i>Cardio 615 - 645 PM</i>	27	28 <i>Bootcamp 7 AM</i>
29	30 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM</i>	31 <i>Cardio 615 - 645 PM</i>	1 <i>Bootcamp 530-630 AM Fitness Class 615 - 7 PM Yoga 715 PM</i>	2 <i>Cardio 615 - 645 PM</i>	3	4 <i>Bootcamp = Tracy Masker Cardio Express/Fitness Class = Bonnie Kramer Yoga = JoDee Junkman</i>