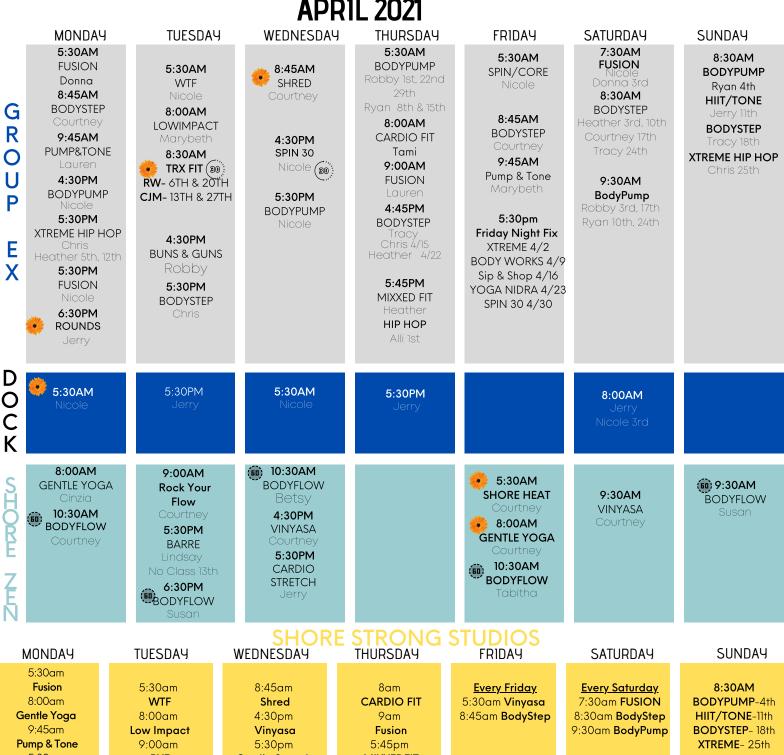
## **APRIL 2021**



5:30pm XTREME HIP HOP 6:30pm

**ROUNDS** 

**RYF** 4:30pm Buns&Guns

Cardio Stretch

**MIXXEDFIT** 

<u>Every Sunday</u> 9:30am BodyFlow

Mask Policy: You must wear a mask at all times, unless the physical activity that you are participating in poses you a bonafide health risk.

April Happenings:

Easter Hours 7am - 12pm

Sip and Shop on the Dock. Friday, April 16th, starting at 5:30pm

