



# April 2018

Fitness for Women



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		1:30 PM Tai Chi		7 PM Cardio Sculpt		9 AM Yoga
8	9	10	11	12	13	14
		1:30 PM Tai Chi	6 PM Zumba	7 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
15	16	17	18	19	20	21
		1:30 PM Tai Chi	6 PM Zumba	7 PM Cardio Sculpt	7-8:30 PM Odoru	9 AM Yoga 11 AM Teen Fitness
22	23	24	25	26	27	28
			6 PM Zumba	7 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
29	30					
<b>Odoru - Learn how to dance like your favorite anime characters!</b>						
<p>First Class: The Hare Hare Yukai            Aliens, Time Travelers, and Espers Aged 13 - 18 are Welcome!            \$10 class. Come in cosplay or a fandom shirt and receive a \$2 discount!            Call 908-281-0013 or email onefitnfirm@yahoo.com to reserve your spot!</p>						