

# April Fitness Schedule

# 2026

## Class Schedule

### Butts & Guts (Tuesdays)

Target glutes and core to build strength and tone

### Saturday Fitness Class

Full-body workout to boost strength, endurance, and overall fitness

### Yoga

Improve flexibility, balance, and relaxation while reducing stress

### Pricing

Members: \$10, Non-Members: \$15

### Instructors:

**Claudia Knowles**-IFBB Pro • Pro Lifter • Certified Personal Trainer

**Beth Gibson** – Certified Yoga Instructor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4  Fitness Class 9AM
5	6	7  Butts & Guts 7 AM & 5 PM	8	9	10	11  Fitness Class 9AM
12	13	14	15	16	17	18
19	20	21  Butts & Guts 7 AM & 5 PM	22	23	24	25 Seamark MudRun
26	27	28  Butts & Guts 7 AM & 5 PM	29	30		

