

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Fitness Classes	6:00 AM	<b>BODYPUMP</b> 6:00 - 6:45 AM Peggy Mind & Body Studio		<b>BODYPUMP</b> 6:00 - 6:45 AM Peggy Mind & Body Studio	<b>Effective April 1st</b>  * Please register online due to space/equipment limitations (allows us to communicate with you also!)  * To allow members on waitlist to take class, please cancel if you are unable to attend  * If you are sick, please avoid attending class			
	7:00 AM	<b>SPRINT</b> 7:15 - 7:45 AM Mitsuko Cycle Studio		<b>SPRINT</b> 7:15 - 7:45 AM Diana Cycle Studio				
	8:00AM	<b>RPM</b> 8:00 - 8:45 AM Mitsuko Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM Peggy Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM Diana Cycle Studio	<b>BODYPUMP</b> 8:00 - 8:45 AM Mitsuko Mind & Body Studio	<b>RPM</b> 8:00 - 8:45 AM Terri Cycle Studio	<b>RPM</b> 8:00 - 8:45 AM Mitsuko Cycle Studio	
		<b>BELLY DANCE</b> 8:00 - 8:45 AM Stuti Fitness Studio		<b>BELLY DANCE</b> 8:00 - 8:45 AM Stuti Fitness Studio				
	9:00 AM	<b>STAYFIT Fluidity</b> 9:00 - 9:45 AM Kaleo Fitness Studio		<b>STAYFIT Cardio</b> 9:00 - 9:45 AM Mitsuko Fitness Studio	<b>STAYFIT Mat</b> 9:00 - 9:45 AM Susie Fitness Studio	<b>STAYFIT Energy</b> 9:00 - 9:45 AM Mitsuko Fitness Studio	<b>YOGA FLOW</b> 9:00 - 9:45 AM Peggy Mind & Body Studio	<b>BODYPUMP</b> 9:00 - 9:45 AM Elizabeth/Terri Mind & Body Studio
		<b>HOT YOGA</b> 9:00 - 10:15 AM Jamie Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM Megan Mind & Body Studio	<b>VINYASA YOGA</b> 9:00 - 10:15 AM Dana Mind & Body Studio	<b>BODYCOMBAT</b> 9:00 - 9:45 AM Mitsuko Mind & Body Studio	<b>HOT YOGA</b> 9:00 - 10:15 AM Brook Mind & Body Studio		
	10:00 AM	<b>Qi Gong</b> 10:00 - 10:45 AM Kaleo Fitness Studio	<b>BODYBALANCE</b> 10:00 - 10:45 AM Megan Mind & Body Studio				<b>BODYPUMP</b> 10:00 - 10:45 AM Peggy Mind & Body Studio	<b>RPM</b> 10:00 - 10:45 AM Terri/Kimi Cycle Studio
	11:00 AM	<b>MAT PILATES</b> 11:00 - 11:45 AM Mitsuko Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM Terri Mind & Body Studio	<b>BALANCE/CORE/STRENGTH</b> 11:00 - 11:45 AM Diana Mind & Body Studio	<b>BARRE</b> 11:00 - 11:45 AM Kimi Mind & Body Studio	<b>MAT PILATES</b> 11:00 - 11:45 AM Mitsuko Mind & Body Studio	<b>BODYCOMBAT</b> 11:00 - 11:45 AM Mitsuko Mind & Body Studio	<b>VINYASA YOGA</b> 11:00 AM - 12:15 PM Elizabeth Mind & Body Studio
							<b>BODYBALANCE</b> 11:00 - 11:45 AM Peggy Fitness Studio	
	12:00 PM	<b>BODYPUMP</b> 12:00 - 12:45 PM Terri Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM Susie Mind & Body Studio	<b>BODYPUMP</b> 12:00 - 12:45 PM Megan Mind & Body Studio	<b>HATHA YOGA</b> 12:00 - 1:15 PM Susie Mind & Body Studio	<b>SPRINT</b> 12:00 - 12:30 PM Mitsuko Cycle Studio		
5:00 PM	<b>HIIT</b> 5:00 - 5:45 PM Mitsuko Mind & Body Studio		<b>CYCLE &amp; SCULPT</b> 5:00 - 5:45 PM Mitsuko Cycle Studio					
5:30 PM		<b>BODYPUMP</b> 5:30 - 6:15 PM Terri Mind & Body Studio		<b>BODYPUMP</b> 5:30 - 6:15 PM Elizabeth Mind & Body Studio				
6:00 PM	<b>HOT YOGA</b> 6:00 - 7:15 PM Jamie Mind & Body Studio		<b>HOT YOGA</b> 6:00 - 7:15 PM Brook Mind & Body Studio					
6:30 PM		<b>RPM 30</b> 6:30 - 7:00 PM Terri Cycle Studio		<b>BODYCOMBAT</b> 6:30 - 7:15 PM Elizabeth Mind & Body Studio				
Pool	10:00 AM	<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Mitsuko Pool		<b>AQUA</b> 10:00 - 10:45 AM Freddie Pool	<b>AQUA</b> 10:00 - 10:45 AM Sabrina Pool	

**Fitness Events of April:**

4/10~4/16 - Les Mills Launch week (in regularly scheduled classes)

4/19 10:00AM Let's Have a Ball! Demo of stability ball exercises and stretches to add to your routine \*registration required\* (Fitness Studio)



# Cycle Room Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>Virtual RPM</b> 6:00 - 6:50 AM	<b>Virtual SPRINT</b> 6:00 - 6:30 AM	<b>Virtual RPM</b> 6:00 - 6:50 AM	<b>Virtual THE TRIP</b> 6:00 - 6:30 AM	<b>Virtual RPM</b> 6:00 - 6:50 AM		
7:00 AM	<b>SPRINT Live</b> 7:15 - 7:45 AM Mitsuko	<b>Virtual RPM</b> 7:00 - 7:50 AM	<b>SPRINT Live</b> 7:15 - 7:45 AM Diana	<b>Virtual RPM</b> 7:00 - 7:50 AM	<b>Virtual SPRINT</b> 7:00 - 7:30 AM		
8:00 AM	<b>RPM Live</b> 8:00 - 8:45 AM Mitsuko	<b>Virtual SPRINT</b> 8:00 - 8:30 AM	<b>RPM Live</b> 8:00 - 8:45 AM Diana	<b>Virtual SPRINT</b> 8:00 - 8:30 AM	<b>RPM Live</b> 8:00 - 8:45 AM Terri	<b>RPM Live</b> 8:00 - 8:45 AM Mitsuko	<b>Virtual THE TRIP</b> 8:00 - 8:50 AM
9:00 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM	<b>Virtual THE TRIP</b> 9:00 - 9:50 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM	<b>Virtual THE TRIP</b> 9:00 - 9:50 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM	<b>Virtual RPM</b> 9:00 - 9:50 AM	<b>Virtual SPRINT</b> 9:00 - 9:30 AM
10:00 AM	<b>Virtual RPM</b> 10:00 - 10:50 AM	<b>Virtual SPRINT</b> 10:00 - 10:30 AM	<b>Virtual RPM</b> 10:00 - 10:50 AM	<b>Virtual SPRINT</b> 10:00 - 10:30 AM	<b>Virtual RPM</b> 10:00 - 10:50 AM	<b>Virtual SPRINT</b> 10:00 - 10:30 AM	<b>RPM Live</b> 10:00 - 10:45 AM Terri / Kimi
11:00 AM	<b>Virtual SPRINT</b> 11:00 - 11:30 AM	<b>Virtual RPM</b> 11:00 - 11:50 AM	<b>Virtual THE TRIP</b> 11:00 - 11:30 AM	<b>Virtual RPM</b> 11:00 - 11:50 AM	<b>Virtual SPRINT</b> 11:00 - 11:30 AM	<b>Virtual RPM</b> 11:00 - 11:50 AM	<b>Virtual SPRINT</b> 11:00 - 11:30 AM
12:00 PM	<b>Virtual THE TRIP</b> 12:00 - 12:50 PM	<b>Virtual SPRINT</b> 12:00 - 12:30 PM	<b>Virtual RPM</b> 12:00 - 12:50 PM	<b>Virtual THE TRIP</b> 12:00 - 12:30 PM	<b>SPRINT Live</b> 12:00 - 12:30 PM Mitsuko	<b>Virtual SPRINT</b> 12:00 - 12:30 PM	<b>Virtual THE TRIP</b> 12:00 - 12:50 PM
1:00 PM	<b>Virtual SPRINT</b> 1:00 - 1:30 PM	<b>Virtual RPM</b> 1:00 - 1:50 PM	<b>Virtual SPRINT</b> 1:00 - 1:30 PM	<b>Virtual RPM</b> 1:00 - 1:50 PM	<b>Virtual RPM</b> 1:00 - 1:50 PM	<b>Virtual THE TRIP</b> 1:00 - 1:50 PM	<b>Virtual SPRINT</b> 1:00 - 1:30 PM
2:00 PM	<b>Virtual RPM</b> 2:00 - 2:50 PM	<b>Virtual SPRINT</b> 2:00 - 2:30 PM	<b>Virtual THE TRIP</b> 2:00 - 2:50 PM	<b>Virtual SPRINT</b> 2:00 - 2:30 PM	<b>Virtual THE TRIP</b> 2:00 - 2:30 PM	<b>Virtual SPRINT</b> 2:00 - 2:30 PM	<b>Virtual RPM</b> 2:00 - 2:50 PM
3:00 PM	<b>Virtual SPRINT</b> 3:00 - 3:30 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual SPRINT</b> 3:00 - 3:30 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual RPM</b> 3:00 - 3:50 PM	<b>Virtual SPRINT</b> 3:00 - 3:30 PM
4:00 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM	<b>Virtual THE TRIP</b> 4:00 - 4:30 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM	<b>Virtual SPRINT</b> 4:00 - 4:30 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM	<b>Virtual SPRINT</b> 4:00 - 4:30 PM	<b>Virtual RPM</b> 4:00 - 4:50 PM
5:00 PM	<b>Virtual SPRINT</b> 5:00 - 5:30 PM	<b>Virtual RPM</b> 5:00 - 5:50 PM	<b>CYCLE &amp; SCULPT</b> 5:00 - 5:45 PM Mitsuko	<b>Virtual RPM</b> 5:00 - 5:50 PM	<b>Virtual THE TRIP</b> 5:00 - 5:30 PM	<b>Virtual RPM</b> 5:00 - 5:50 PM	<b>Virtual THE TRIP</b> 5:00 - 5:30 PM
6:00 PM	<b>Virtual RPM</b> 6:00 - 6:50 PM	<b>RPM Live</b> 6:30 - 7:00 PM Terri	<b>Virtual THE TRIP</b> 6:00 - 6:50 PM	<b>Virtual SPRINT</b> 6:00 - 6:30 PM	<b>Virtual RPM</b> 6:00 - 6:50 PM	<b>Virtual THE TRIP</b> 6:00 - 6:30 PM	<b>Virtual RPM</b> 6:00 - 6:50 PM

Virtual and Live Cycle Classes

\* Due to noise (Refuge and tennis disturbance), door and windows must remain closed from 10:00am - 10:00pm

\* Please shake off excess dirt off of shoes outside of the room before using the bike

\* Please wipe down your bike with the wet wipe after use

# April Fitness Small Group Training

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Fitness Studio or Mind Body Studio							<p style="text-align: center;"><b>Effective April 1st</b></p> <p>* Please register via the member portal * Date indicates a single time offering</p> <p style="text-align: center;"><b>Small Group Training (SGT) prices:</b></p> <p style="text-align: center;">Drop-in: \$35 6 session: \$174 (\$29 per session) 12 sessions: \$312 (\$26 per session)</p> <p>*Make sure to unregister to avoid no-show fee*</p>		
	10:00AM		<p><b>Circuit &amp; Cycle</b> 10:00 - 10:45 AM <i>Diana</i> Fitness Studio</p>		<p><b>Strength Bootcamp</b> 10:00 - 10:45 AM <i>Diana</i> Mind &amp; Body Studio</p>				
	11:00AM				<p><b>Stretch &amp; Mobility</b> 11:00 - 11:45 AM <i>Antonio</i> Mind &amp; Body Studio</p>				
	12:00PM					<p><b>4/21 Power Circuit</b> 12:00 - 12:45 PM <i>Alyssa</i> Mind &amp; Body Studio</p>			

# April Pilates schedule

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates Studio	8:00 AM - 12:00 PM		<p><b>GROUP REFORMER</b> 8:30 - 9:20 AM <i>Kimi</i></p>		<p><b>GROUP REFORMER</b> 8:30 - 9:20 AM <i>Meg</i></p>		<p><b>GROUP REFORMER</b> 9:00 - 9:50 AM <i>Meg</i></p>	
			<p><b>GROUP REFORMER</b> 9:30 - 10:20 AM <i>Kimi</i></p>		<p><b>GROUP REFORMER</b> 9:30 - 10:20 AM <i>Meg</i></p>		<p><b>GROUP REFORMER</b> 10:00 - 10:50 AM <i>Meg</i></p>	
			<p><b>GROUP REFORMER</b> 11:30 AM - 12:20 PM <i>Kimi</i></p>			<p><b>GROUP REFORMER</b> 11:00 - 11:50 AM <i>Kimi</i></p>		
	12:00 PM - 8:00 PM	<p><b>GROUP REFORMER</b> 4:30 - 5:20 PM <i>Kimi</i></p>	<p><b>GROUP REFORMER</b> 4:30 - 5:20 PM <i>Carmella</i></p>		<p><b>GROUP REFORMER</b> 4:30 - 5:20 PM <i>Carmella</i></p>		<p style="text-align: center;"><b>GROUP CLASS PRICING</b></p> <p>CVAC Member / Non-Member 1 Session - \$35 / \$40 6 Sessions - \$174 / \$198 12 Sessions - \$312 / \$372 24 Sessions - \$576 / \$696</p> <p>Contact Kimi Hori, Fitness Director: KIMI@CVACOnline.com</p>	
			<p><b>GROUP REFORMER</b> 5:30 - 6:20 PM <i>Carmella</i></p>		<p><b>GROUP REFORMER</b> 5:30 - 6:20 PM <i>Carmella</i></p>			
		<p><b>GROUP REFORMER</b> 6:30 - 7:20 PM <i>Kimi</i></p>						