

April, 2014

\$ denotes fee for class

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) <b>SBR Boxing Camps and, RMR and VO2 Max Testing! HAVE YOU HAD YOUR FREE FIT TEST FOR P90X? (See a trainer or manager for more information)</b>						
		1 Strengthening for Runners 7pm w/ David (Track) \$	2	3 <b>Tennis Conditioning 9am w/ Pedro (Track)</b> \$ Pilates Stick Demo 7pm w/ Francesca (R1)	4	5 <b>Plyomania 9am w/ Don</b>
6 <b>Rock Star- Workout w/ Don 8:15am (R2)</b>	7 <i>Pilates Stick Demo 11am w/ Francesca (R1)</i>	8  Strengthening for Runners 7pm w/ David (Track) \$	9 <b>P90X Remix Class 6pm w/ Coaches Jamie &amp; Chris (R2)</b>	10  <b>Tennis Conditioning 9am w/ Pedro (Track)</b> \$	11	12  <b>Hot Power Yoga 2 - 3:30pm w/ Kim (R1) \$</b>
13	14	15 <b>P90X Remix Class 10am w/ Coaches Jamie &amp; Chris (Track)</b> Plyomania 6pm w/ Don Strengthening for Runners 7pm	16	17 <b>Tennis Conditioning 9am w/ Pedro (Track)</b> \$  <i>Pilates Stick Demo 7pm w/ Francesca (R1)</i>	18	19  <b>Hot Power Yoga 2 - 3:30pm w/ Kim (R1) \$</b>
20 <b>Easter Sunday 6am - 2pm Kid Kare is closed</b>	21 <i>Pilates Stick Demo 11am w/ Francesca (R1)</i>	22 <b>Firefighter Workout 6pm w/ Vicki (Track)</b>  Strengthening for Runners 7pm w/ David (Track) \$	23 <b>Triathlon Training Program Info. Meet- ing 7pm w/ Chris (Café)</b>	24  <b>Tennis Conditioning 9am w/ Pedro (Track)</b> \$	25	26 Exercise-a-Thon for Relay for Life (see back) <b>Triathlon Training Pro- gram Info. Meeting 11am w/ Chris (Café)</b>
27  <b>Rock Star- Workout w/ Don 8:15am (R2)</b>	28	29 <b>Firefighter Workout 6pm w/ Vicki (Track)</b>  Strengthening for Runners 7pm w/ David (Track) \$	30			

# Schedule of Events for April

- **Exercise-a-Thon:** Saturday, April 26th from 8:30am - 1pm. Phys-Ed's Team of Trainers and Instructors will come together, offering a variety of classes and challenges! 100% of all donations collected will go directly to Phys-Ed's Relay for Life Team for the 2014 NM Relay for Life. We will have a bake sale, donation jars, etc. (Our regularly scheduled classes for the day will remain open for members, donations are suggested but not required). If you cannot attend the event but would like to support, please visit: <http://main.acsevents.org/goto/phys-edteamvitality>. Checks made payable to American Cancer Society and may be turned in at the Front Desk.
- **Firefighter Workout:** Tuesday, April 22nd and 29th at 6pm on the Track: Join Vicki in a boot camp style class where you will train like a firefighter does! Firefighters go through a military style, 15 week training course before their first day on the job. Want a glimpse of how they train? Come to this class! Please sign up at the Front Desk.
- **Hot Power Yoga:** Saturday, April 12th and 19th from 2pm - 3:30pm. You've asked for it so here it is! Join Kim for this powerful practice that is open to all and modifications will be offered for all poses. This is your chance to see what a challenging and fun yoga practice in a warm studio offers. Guided meditation will be offered in the last 15 minutes of class. Drop in fee for members, \$10 and Non Members, \$15. Please sign up at the Front Desk.
- **P90X Remix Classes:** Wednesday, April 9th at 6pm (in place of Tabata) and Tuesday, April 15th at 10am (on track), your P90X Coaches, Jamie and Chris will take you through a one hour workout that will include some of the exercises Tony Horton himself made famous like the Heisman, Dive-Bomber Push-ups and Wacky Jacks just to name a few! Great workout that will be sure to challenge all levels.
- **Pilates Stick Demos:** Thursday, April 3rd and 17th at 7pm and Monday, April 7th and 21st at 11am. Tired of the same old thing? Looking to change up your regular routine? Stop by for a Pilates Stick Demo with Francesca. This whole body resistance training workout will put an emphasis on your CORE
- **PlyoMania:** Saturday, April 5th at 9am and Tuesday, April 15th at 6pm. Don will challenge how high you can jump, pull and power your way through a high-intensity workout! Limited to 12 participants. Please sign up at the Front Desk.
- **Rock Star Experience Workout:** Sunday, April 6th and 27th at 8:15am. Don will lead you through a class to bring out your inner Rock Star while having a great workout using drumsticks, stability balls and BOSU Trainers. You don't need to have rhythm, easy to follow along. The Rock Star Experience also has a really cool light show!!! Please sign up at the Front Desk. Limited to 10 Rockers.
- **Strengthening for Runners:** Every Tuesday in April at 7pm: David will bring you through an 8 week class that is aimed at strengthening the hips knees and other areas to get you ready for the running season. All levels welcome! Fee is \$90 for members and \$105 for non members. Drop in fee available for \$12 members and \$15 non members. Please sign up at the Front Desk.
- **Tennis Conditioning:** Thursday's in April at 9am on the track: Coach Pedro will take you through a 6 week program to prepare for tennis season which is just around the corner. Work to improve lateral movement, speed, agility and explosiveness, all skills that are required for this game. Fee is \$90 for members and \$110 for non members. Drop in fee available for \$20. Please sign up at the Front Desk.
- **Triathlon Training Program Informational Meetings:** Wednesday, April 23rd at 7pm or Saturday, April 26th at 11am: Meet with Coach Chris to learn more about the 10 week training program to prepare you for the Sandy Beach Triathlon on Friday August 1st in Bantam, CT. This meeting and training program is open to members and non members and also for all levels as the training program will be individually customized. If you cannot attend either meeting and would like more information, please leave your contact info. w/ the Front Desk or contact Chris at: [cpapsin@yahoo.com](mailto:cpapsin@yahoo.com).