



GREYSTONE
RACQUET CLUB

SPIN

YOGA/PILATES/STRETCH

CARDIO/STRENGTH

APRIL FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:30AM JEFF Strength Training		6:30AM MEREDITH Spin		6:30AM JAY Interval Training	9:30AM ROTATION Spin	
9:15AM JENN Step + Sculpt	9:15AM DEBI Strength Training	9:15AM JENN Move + Groove	9:15AM MYCHEL Interval Training	9:15AM JENN Core + More	9:30AM JENN Interval Training	
10:30AM LE Gentle Yoga	10:30AM EVA Pilates	10:30AM LE 🔥 Yang Yin Yoga	10:30AM ANDREA Slow Flow	10:30AM CHRISTINA Gentle Yoga	10:30AM ANDREA Yang Yin Yoga	10:30AM ANDREA 🔥 Yoga Flow
12:10PM JODY Spin	12:10PM MYCHEL HIIT Training	12:10PM EVA Yoga Stretch	12:10PM JAY Interval Training	12:10PM JODY Spin		
5:30PM JEFF Spin		5:30PM JEFF Spin	5:30PM PETRA Pilates	4:30PM KIDS BOOTCAMP Ages 8-12		
6:30PM JAYNE Strength Training	6:30PM JENN Interval Training	6:30PM DEBI Core + More		5:30PM TRINH 🔥 Restorative Yoga		
7:30PM CHRISTINA Yoga + Stretch	7:30PM TRINH Restorative Yoga	7:30PM CHRISTINA 🔥 Yang Yin Yoga				