

April



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ 1630 SWEATMASTERS*	² 0830 SEYMOUR MUSCLE* 1130 YOGA	³ 0830 Spin* 1630 SWEATMASTERS* 1800 YOGA	⁴ 0830 Seymour Muscle* 1130 ZUMBA	⁵ Spring Forward 5K 3pm @ 2mile track 919-722-4020	⁶
⁷	⁸ 1630 SWEATMASTERS*	⁹ 0830 SEYMOUR MUSCLE* 1130 YOGA	¹⁰ 0830 Spin* 1630 SWEATMASTERS* 1800 YOGA	¹¹ 0830 Seymour Muscle* 1130 ZUMBA	¹²	¹³
¹⁴	¹⁵ 1630 SWEATMASTERS*	¹⁶ 0830 SEYMOUR MUSCLE* 1130 YOGA	¹⁷ 0830 Spin* 1630 SWEATMASTERS* 1800 YOGA	¹⁸ 0830 Seymour Muscle* 1130 ZUMBA	¹⁹	²⁰
²¹	²² 1630 SWEATMASTERS*	²³ 0830 SEYMOUR MUSCLE* 1130 YOGA	²⁴ 0830 Spin* 1630 SWEATMASTERS* 1800 YOGA	²⁵ 0830 Seymour Muscle* 1130 ZUMBA	²⁶	²⁷
²⁸	²⁹ 1630 SWEATMASTERS*	³⁰ 0830 SEYMOUR MUSCLE* 1130 YOGA				

*FITNESS IMPROVEMENT(FIP) CLASS