


April 2025 — Stress Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA—A 8:00 am Laura CORE & MORE—A 9:15 am Marlene GENTLE YOGA—A 10:30 am Pat	LOW IMPACT STRENGTH—A 8:00 am Donna STRENGTH & MORE—A 9:15 am Marlene BALANCE & FLEX—R 10:00 am Diane LaBLAST ZUMBA —A 11:15 am Mari Ann	SLOW FLOW—A 8:00 am Laura BAND BLAST—C 8:15 am Bridget AQUA FUSION—G 9:00 am Char CYCLE—C 9:15 am Marlene	CORE & MORE—A 9:15 am Marlene BALANCE & FLEX—R 10:00 am Diane GENTLE YOGA—A 11:30 am Mari Ann	YOGA—A 8:30 am Mari Ann AQUA AEROBICS—G 9:00 am Janis CORE & MORE—A 9:30 am Bridget	YOGA—A 8:30 am Mari Ann CYCLE—C 8:30 am Multiple LaBLAST ZUMBA—A 9:30 am Mari Ann	BARRE—A 9:00 am Kristine
AQUA AEROBICS—G 5:30 pm Shelley CYCLE—C 5:30 pm Emily PILATES—A 6:15 pm Nancy	AQUA AEROBICS—G 4:00 pm Janis STRENGTH & MORE—A 5:45 pm Bridget	AQUA AEROBICS—S 5:30 pm Shelly CORE & MORE—A 5:30 pm Mollie	AQUA AEROBICS—G 4:00 pm Janis SLOW FLOW—A 6:00 pm Kelly			
<div>All circled classes are NEW for the month or have time, name and/or instructor change!</div>				<div>Schedule time for our Fitness Classes or work with a Personal Trainer. YOU CAN DO IT!</div>		
<div>Contact Marlene for more info — fitness@deerlakeathleticclub.com</div>						

A- Aerobics Room, C- Cycle Room, G- Glass House Pool, R- Racquetball Courts, S- Small Pool, T- Tennis Courts

CHILD CARE HOURS: Monday through Friday, 8am-1pm and 4pm-8pm; Saturday, 8am-1pm.

All classes are 55 minutes unless otherwise noted in description. Classes are suspended on these holidays: New Year's Day, Easter, Mother's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas Day.