

April, 2017 www.delmonicodance.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3rd	4th	5th	6th	7th	8th	
There will be Yoga or PIYO every Wednesday this month at 6 a.m. Refer a friend and receive a \$10 discount on your punch card!	6 a.m. Circuit Training with Sandy 9:30 ACCELERATE with Sandy	9:30 AM MAX 45 W/LINDA ALL CARDIO	6 A.M PIYO w/Denise and 9:30 Barrefit w/Denise	9:30 Accelerate with Sandy in for Denise!	9:30-10:15 Mind Body Bootcamp with Britta	No Class
10th	11th	12th	13th	14th	15th	
Please note that the week of the 10th is Spring Break in Woodbury-most instructors are out of town-we will offer as many classes as we are able to!	6 a.m. Weights/Cardio with Jill No 9:30 Today	9:30 AM MAX 45 W/LINDA ALL CARDIO	6 a.m. PIYO with Jill LIZ in for Denise Barre/Pilates	9:30 Linda Barre in for Denise	Mind Body Bootcamp with Britta 9:30-10:30	No Class
16th	17th	18th	19th	20th	21st	22nd
Happy Easter!	6 a.m. Circuit Training with Sandy 9:30 ACCELERATE with Sandy	9:30 AM MAX 45 W/LINDA ALL CARDIO	6 A.M Piyo w/Denise 9:30 (55 MINUTE CLASS)Barrefit Denise	9:30 Pilates Reform w/ Denise 45 minutes	9:30-10:15 Mind Body Bootcamp Denise	8:15-9:15 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....  Denise *Signature Class*
23rd	24th	25th	26th	27th	28	29th
	6 a.m. Circuit Training with Sandy 9:30 -10:30 ACCELERATE with Sandy HIIT/Weights	9:30 AM MAX 45 W/LINDA ALL CARDIO	6 A.M PIYO w/Denise 9:30 Barrefit Denise	9:30 Pilates Reform w/ Denise 45 minutes	MIND BODY BOOT CAMP WITH WEIGHTS 9:30-10:15 DENISE	8:15-9:15 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....  Denise *Signature Class*
30th	May 1st	2nd	3rd	4th	5th	6th
	6 a.m. Circuit Training with Sandy 9:30 -10:30 ACCELERATE with Sandy HIIT/Weights	9:30 AM MAX 45 W/LINDA ALL CARDIO	6 A.M PIYO W/ Denise 9:30 Barrefit Denise	9:30 Pilates Reform w/ Denise 45 minutes	MIND BODY BOOT CAMP WITH WEIGHTS 9:30-10:15 DENISE	8:15-9:15 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights.....  Denise *Signature Class*
22	23	24	25	26	27-Jan	28-Jan

Pilates Reform and Scu  
First Time always Free  
Drop in \$10 Denise  
Punch Card 10 Classes \*Signature Class\*

X=Express Class 45 minutes