

## MX4 SCHEDULE APRIL 2019 PONDS\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30-6:00</b> KACIE	<b>5:30-6:00</b> KACIE	<b>5:30-6:00</b> LUCINDA <b>6:15-6:45</b> LUCINDA	<b>5:30-6:00</b> TRACY	<b>5:30-6:00</b> TRACY	<b>9:30-10:00</b> TYLER	<b>NO CLASS IN                      APRIL</b>
<b>10:00-10:30</b> DONNA	<b>10:00-10:30</b> TYLER	<b>10:00-10:30</b> DONNA	<b>10:00-10:30</b> KIM	<b>10:00-10:30</b> LUCINDA		
<b>5:00-5:30</b> LARISSA		<b>5:00-5:30</b> LARISSA				
	<b>5:30-6:00</b> LUCINDA					Updated 3/24/2019

\*Starting January 1<sup>st</sup> the fee is \$10.00 a person; please register at the front desk

**MX4 is small group training that revolves around the 4 pillars of fitness: Cardio, Power, Endurance, and Strength. It is a HIIT style workout with group dynamics and personal coaching. Each workout is only 30 min.**