

# APRIL

## GROUP FITNESS CLASS SCHEDULE

2025

www.elgancho.com

 Classes Available on ZOOM

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8:30

8:45

9:45

10:00


11:00

11:15

1:00

5:30

HEAT  
with Pam 

**CYCLING**  
with Lindsey 

ZUMBA  
with Danny

AQUA  
POWER  
with Lindsey

FUSION  
with Debbie

YOGA  
with Karina

CYCLING  
with Dora

**NEW  
INSTRUCTOR**

STRENGTH  
TRAINING  
with David

**NEW  
DAY & INSTRUCTOR**

CARDIO  
INTERVALS  
with Pam 

AQUA  
POWER  
with Katherine

FUSION  
with Debbie

YOGA  
with Katherine

CYCLING  
with Dora

SHRED  
with Pam 

**CYCLING**  
with Lindsey 

STRENGTH  
TRAINING  
with Pam 

**NEW  
INSTRUCTOR**  
YOGA  
with Nicole

STRENGTH  
TRAINING  
with Wendy


CYCLING  
with Lisa  
BOOT  
CAMP  
with David

FUSION  
with Pam 

AQUA  
POWER  
with Lindsey

YOGA  
with Lynne

**NEW  
INSTRUCTOR**

**CYCLING**  
with Natalie 

ZUMBA  
with Danny

AQUA  
POWER  
with Wendy

**PILATES  
(CLASSICAL  
MAT)  
with Amy**

**NEW CLASS &  
INSTRUCTOR**

YOGA  
with Debbie

**PILATES  
(MAT BASED)  
with Debbie**

**NEW DAY**

**Monday, April 7th**

**2:30 pm - FREE 30 Min. Fitness Studio Orientation**

**3:00 pm - "Ask a Trainer"**

Register with Pam

pherzenberg@elgancho.com

**45 Minutes - Max 4 People - \$30 (plus tax)**

**Drop-In or Sign Up 7 days in Advance**

## PILATES REFORMER CLASSES

9:30 am  
with Natalie

5:30 pm  
with Debbie

**NEW  
CLASSES**

**4:30 pm  
with Natalie**

10:00 am  
with Debbie

**4:30 pm  
with Katherine**

5:30 pm  
Classical  
Reformer  
with Amy

10:00 am  
with Debbie

10:00 am  
Classical  
Reformer  
with Amy