

APRIL 2021

BETH'S FITNESS FOR LIFE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---------|---------------------|--|------------------|
| | | | 1 APRIL FOOLS' DAY 9:00 STABILITY BALL | 2 GOOD FRIDAY |
| 5 9:00 FAB & FIT | 6 | 7 9:00 STEP | 8 9:00 MOVING WITH WEIGHTS | 9 |
| 12 9:00 FAB & FIT | 13 | 14 9:00 STEP | 15 TAX DAY 9:00 STABILITY BALL | 16 |
| 19 9:00 FAB & FIT | 20 | 21 9:00 STEP | 22 EARTH DAY 9:00 MOVING WITH WEIGHTS | 23 |
| 26 9:00 FAB & FIT | 27 | 28 9:00 STEP | 29 9:00 STABILITY BALL | 30 |

MAY 2021

BETH'S FITNESS FOR LIFE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---------|---------------------|-----------------------------------|--------|
| 3 9:00 FAB & FIT | 4 | 5 9:00 STEP | 6 9:00 MOVING WITH WEIGHTS | 7 |
| 10 9:00 FAB & FIT | 11 | 12 9:00 STEP | 13 9:00 STABILITY BALL | 14 |
| 17 9:00 FAB & FIT | 18 | 19 NO CLASS | 20 NO CLASS | 21 |
| 24 NO CLASS | 25 | 26 NO CLASS | 27 NO CLASS | 28 |
| 31 MEMORIAL DAY NO CLASS | | | | |

JUNE 2021

BETH'S FITNESS FOR LIFE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|---------|-----------------|--------------------------------------|--------|
| | 1 | 2 NO CLASS | 3 NO CLASS | 4 |
| 7 9:00 FAB & FIT | 8 | 9 9:00 STEP | 10 9:00 STABILITY BALL | 11 |
| 14 9:00 FAB & FIT | 15 | 16 9:00 STEP | 17 NO CLASS | 18 |
| 21 9:00 FAB & FIT | 22 | 23 9:00 STEP | 24 9:00 MOVING WITH WEIGHTS | 25 |
| 28 9:00 FAB & FIT | 29 | 30 9:00 STEP | | |