



APRIL 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a	2 20/20/20 9a-10a SS Classic 10:30a-11:15a Master the Machines 1p-2p	3	4
5 CLOSED	6	7	8	9	10	11
12 CLOSED	13 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p Circuits 5:30p-6:15p	14 Circuits 6a-6:45a POUND 9a-9:45a SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p Zumba GOLD 5:30p-6:30p	15 POUND 6a-6:45a Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	16 Step and Strength 6a-6:45a 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	17	18
19 CLOSED	20 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p Circuits 5:30p-6:15p	21 Circuits 6a-6:45a POUND 9a-9:45a SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p Zumba GOLD 5:30p-6:30p	22 POUND 6a-6:45a Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	23 Step and Strength 6a-6:45a 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	24	25
26 CLOSED	27 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p Circuits 5:30p-6:15p	28 Circuits 6a-6:45a POUND 9a-9:45a SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p Zumba GOLD 5:30p-6:30p	29 POUND 6a-6:45a Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	30 Step and Strength 6a-6:45a 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p		

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.