



# Fitness Studio Calendar April 2026

**Got questions**  
**252-354-6350**  
**www.emeraldisle-nc.org**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u><b>El Taxpayer Yearly Memberships:</b></u>                      -Individual: \$175                      -Family: \$225                      -Over age 75: \$25                      -Individual Premier Membership: \$250 (unlimited classes)                      -Family Premier Membership: \$325 (unlimited classes)</p>			<p><b>1</b>                      Dance Fitness 8am                      Pound@ 9:30                       LunchTime H.I.I.T.                      12:00pm</p>	<p><b>2</b>                      Step Aerobics 8am                       Yoga 9am (gym) (M)                      Chair Yoga 10:30am (M)                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>3</b>  <b>CLOSED</b></p>	<p><b>4</b>                      Gentle Yoga 9am (CG)                       Shotokan Karate                      10:15am -12:15pm</p>
<p><u><b>Non-El Taxpayer Yearly Memberships:</b></u>                      -Individual: 375                      -Family: 500                      -Individual premier membership: \$475 (unlimited classes)                      -Family premier membership: \$600 (unlimited classes)</p>	<p><b>6</b>                      Fab, Fit + Fun 8am (gym)                      Yoga 9:15 (C)                      Chair Yoga 10:30am (C)                       LunchTime H.I.I.T.                      12:00pm                      Tabata 5:30pm</p>	<p><b>7</b>                      20/20/20 8am                      Yoga 9:15am (CF)                      Chair Yoga 10:30am (CF)                       Tabata 5:30pm                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>8</b>                      Dance Fitness 8am                      Pound@ 9:30                       LunchTime H.I.I.T.                      12:00pm</p>	<p><b>9</b>                      Step Aerobics 8am                       Yoga 9am (gym) (M)                      Chair Yoga 10:30am (M)                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>10</b>                      Fab, Fit + Fun 8am (gym)                       Yoga 9:15am (CF)</p>	<p><b>11</b>                      Gentle Yoga 9am (CG)                       Shotokan Karate                      10:15am -12:15pm</p>
<p><u><b>Aerobics Classes:</b></u>                      -Members: \$2 per class                      -Non-members: \$5 per class  <u><b>Yoga Classes:</b></u>                      -Members: \$5 per class                      -Non-members: \$10 per class  <u><b>Taxpayer Premier ADD ON</b></u>                      -Unlimited classes: \$75                      *ONLY for members*</p>	<p><b>13</b>                      Fab, Fit + Fun 8am (gym)                       Yoga 9:15 (C)                      Chair Yoga 10:30am (C)                       LunchTime H.I.I.T.                      12:00pm                      Tabata 5:30pm</p>	<p><b>14</b>                      20/20/20 8am                      Yoga 9:15am (CF)                      Chair Yoga 10:30am (CF)                       Tabata 5:30pm                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>15</b>                      Dance Fitness 8am                      Pound@ 9:30                       LunchTime H.I.I.T.                      12:00pm</p>	<p><b>16</b>                      Step Aerobics 8am                       Yoga 9am (gym) (M)                      Chair Yoga 10:30am (M)                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>17</b>                      Fab, Fit + Fun 8am (gym)                       Yoga 9:15am (CF)</p>	<p><b>18</b>                      Gentle Yoga 9am (CG)                       Shotokan Karate                      10:15am -12:15pm</p>
<p><u><b>Short-Term Passes:</b></u>                      -Daily: \$10                      -Weekly: \$30                      -Monthly: \$50   <u><b>Tennis and Pickleball Passes</b></u>                      -Visitors &amp; Non-members: \$5 per hour                      -Individual Annual Pass: \$100</p>	<p><b>20</b>                      Fab, Fit + Fun 8am (gym)                       Yoga 9:15 (C)                      Chair Yoga 10:30am (C)                       LunchTime H.I.I.T.                      12:00pm                      Tabata 5:30pm</p>	<p><b>21</b>                      20/20/20 8am                      Yoga 9:15am (CF)                      Chair Yoga 10:30am (CF)                       Tabata 5:30pm                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>22</b>                      Dance Fitness 8am                      Pound@ 9:30                       LunchTime H.I.I.T.                      12:00pm</p>	<p><b>23</b>                      Step Aerobics 8am                       Yoga 9am (gym) (M)                      Chair Yoga 10:30am (M)                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>24</b>                      Fab, Fit + Fun 8am (gym)                       Yoga 9:15am (CF)</p>	<p><b>25</b>                      Gentle Yoga 9am (CG)                       Shotokan Karate                      10:15am -12:15pm</p>
<p><u><b>Hours of Operation:</b></u>  <b>Mon-Fri 7:30am-7:30pm</b>  <b>Sat. 8:30am-3pm</b>  <b>Sun. closed</b></p>	<p><b>27</b>                      Fab, Fit + Fun 8am (gym)                       Yoga 9:15 (C)                      Chair Yoga 10:30am (C)                       LunchTime H.I.I.T.                      12:00pm                      Tabata 5:30pm</p>	<p><b>28</b>                      20/20/20 8am                      Yoga 9:15am (CF)                      Chair Yoga 10:30am (CF)                       Tabata 5:30pm                       Shotokan Karate                      6:30pm-7:30pm</p>	<p><b>29</b>                      Dance Fitness 8am                      Pound@ 9:30                       LunchTime H.I.I.T.                      12:00pm</p>	<p><b>30</b>                      Step Aerobics 8am                       Yoga 9am (gym) (M)                      Chair Yoga 10:30am (M)                       Shotokan Karate                      6:30pm-7:30pm</p>		
Rev. 03/11/2026						