

# Aerobics Room Calendar

## April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Yearly Memberships:</u> EI Taxpayer Ind. \$150 EI Taxpayer Family \$200 Non-Resident Ind. \$350 Non-Resident Family \$500</p>	<p>28 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L)  Tabata 5:30pm (K)</p>	<p>29 <b>Yoga 8am (C)</b> Pilates 9:15am (L)  Tabata 5:30pm (E) Adult Karate &amp; Self-defense class: 6:30-7:30pm</p>	<p>30 Zumba® 8am Pound® 9:30 (K)  <b>Yoga 1pm (C)</b></p>	<p>31 Step Interval 8am (M) Yoga 9am (M)  Karate Classes: 6:30-7:30pm</p>	<p>1 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>2 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>Short-term Memberships:</u> <u>Per person:</u> Daily \$10 Weekly \$30 Monthly \$50</p>	<p>4 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L)  Tabata 5:30pm (K)</p>	<p>5 Pilates 9:15 (L)  Tabata 5:30pm (E) Adult Karate &amp; Self-defense class: 6:30-7:30pm</p>	<p>6 Zumba® 8am Pound® 9:30 (K)  <b>Yoga 1pm (C)</b></p>	<p>7 Step Aerobics 8am (D) Yoga 9am (M)  <b>Pilates 5:30pm (L)</b> Karate Classes: 6:30-7:30pm</p>	<p>8 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>9 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p>* <u>Aerobics:</u> \$1 Members \$5 Non-members <u>Gentle Yoga &amp; Yoga:</u> \$2 Members \$7 Non-members</p>	<p>11 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L)  Tabata 5:30pm (K)</p>	<p>12 <b>Step Aerobics 8am (E)</b> Pilates 9:15 (L)  Tabata 5:30pm (E) Adult Karate &amp; Self-defense class: 6:30-7:30pm</p>	<p>13 Zumba® 8am Pound® 9:30 (K)  <b>Yoga 1pm (C)</b></p>	<p>14 Step Aerobics 8am (D) Yoga 9am (M)  <b>Pilates 5:30pm (L)</b> Karate Classes: 6:30-7:30pm</p>	<p>15 <b>Community Center Closed</b></p>	<p>16 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>S.A.F.E.</u> \$5 Members \$7 Non-members <u>Karate:</u> Taught by personal instructor For details visit: <a href="https://www.emeraldisle-nc.org/karate">https://www.emeraldisle-nc.org/karate</a></p>	<p>18 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L)  Tabata 5:30pm (K)</p>	<p>19 <b>Yoga 8am (C)</b> Pilates 9:15 (L)  Tabata 5:30pm (E) Adult Karate &amp; Self-defense class: 6:30-7:30pm</p>	<p>20 Zumba® 8am Pound® 9:30 (K)  <b>Yoga 1pm (C)</b></p>	<p>21 Step Aerobics 8am (D) Yoga 9am (M)  <b>Pilates 5:30pm (L)</b> Karate Classes: 6:30-7:30pm</p>	<p>22 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>23 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>
<p><u>Hours of Operation:</u> Mon-Fri 7:30am-7:30pm Sat. 8:30am-3pm Sun. closed  Rev. 03/24/2022</p>	<p>25 Fab, Fit + Fun, extra strength 8am (M)  Yoga 9:15am (L)  Tabata 5:30pm (K)</p>	<p>26 <b>Step Aerobics 8am (E)</b> Pilates 9:15 (L)  Tabata 5:30pm (E) Adult Karate &amp; Self-defense class: 6:30-7:30pm</p>	<p>27 Zumba® 8am Pound® 9:30 (K)  <b>Yoga 1pm (C)</b></p>	<p>28 Step Aerobics 8am (D) Yoga 9am (M)  <b>Pilates 5:30pm (L)</b> Karate Classes: 6:30-7:30pm</p>	<p>29 Fab, Fit + Fun 8am (M) Yoga 9:15am (DJ)</p>	<p>30 Gentle Yoga 9am (DJ)  S.A.F.E. / Karate 10:15am-12:15</p>