

Suggestions? Please email us at [info@RemoteSiteFitness.com](mailto:info@RemoteSiteFitness.com). To Sign Up for Classes or Book Personal Training, please visit our website [www.RemoteSiteFitness.com](http://www.RemoteSiteFitness.com) under Richardson Appointments or use the MindBody App.

**Monthly Wellness Theme:**

*Spring Is Finally Here!*



**Description:**  
April is a busy month of fun activities and pastel colors!

- April Fools Day
- Earth Day
- Easter Weekend
- Spring Cleaning
- Tax Season

At the info table we will have all sorts of info on saving the planet, spending time with family, home/yard organization, and saving money this year!

**See Info Table For More!**

**Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**      **Sun**

**\*\*Pre-Registration Required via MindBody App For All Morning Classes 4:15-5:45 AM\*\***

4:15-5:00 AM	//////////		Spin**	//////////	Spin**	//////////		
5:00-5:45 AM	Small Group Training *Pre-Registration Only*							
7:00 - 7:45 AM	Gentle Morning Yoga	//////////			Gentle Morning Yoga	//////////		
9:00 AM - 1:45 PM	Personal Training / Gym & Equipment Orientations *							
1:45-2:15 PM	//////////		Body Sculpt	//////////		Body Sculpt		
2:30-3:00 PM	Core Strength	Yoga Fusion	Jeet Kune Do/ Muay Thai	Yoga Fusion	Jeet Kune Do/ Muay Thai	Lower Back Mobility	Jeet Kune Do/ Muay Thai	
5:00-5:30 PM	20 Online Information, Coaching & Account Set Up Instruction							
5:30-6:00 PM	Lower Back Mobility	Yoga Fusion	Lower Back Mobility	Yoga Fusion	Lower Back Mobility	Functional Flexibility	Yoga Fusion	
6:00-6:45 PM	Spin	Jeet Kune Do/ Brazilian Jiu Jitsu	Spin	Boxing & Self Defence	Interval Training	Interval Training	Jeet Kune Do/ Brazilian Jiu Jitsu	
6:45-7:15 PM	Core Strength	Interval Training	Core Strength				Interval Training	
7:15-7:45 PM	Power Circuit	Core Strength	Jeet Kune Do/ Brazilian Jiu Jitsu	Power Circuit	Jeet Kune Do/ Brazilian Jiu Jitsu	Power Circuit	Core Strength	
7:45-8:30 PM	Power Yoga	Yin Yoga	Personal Training	Yoga		Personal Training	Yoga 7:30-8:00	
8:30-9:00 PM	Personal Training* / Gym & Equipment Orientations *						Personal Training 8-9	



**Legend**

Grey	Cardiovascular Conditioning	White	Mind/Body Programs
Red	Core Conditioning	Black	Strength Training/MMA Style Workout

\* All MMA Classes "Jeet Kune Do/Muay Thai/Brazilian Jiu Jitsu" are subject to a 14/14 rotation with coordinators Joseph/Rex.