



April 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
15	Designed Training BARRE 9:15AM-10:15AM Healthtrax GROUP POWER 4:30PM-5:30PM missionFITNESS BOOTCAMP 5:30PM-6:30PM Fuller Yoga BEGINNER YOGA 7:30PM-8:45PM	Arthur Murray Dance LATIN BLAST 6:15PM-7:00PM missionFITNESS BOOTCAMP 6:30PM-7:30PM East Hartford YMCA ZUMBA 6:30PM-7:30PM Glastonbury Tennis Club BEGINNER TENNIS CLINIC 7:30PM-8:30PM	Orangetheory Full Body Workout 10:30AM-11:30AM Designed Training BARRE 1:00PM-2:00PM Healthtrax CYCLE 60 5:30PM-6:30PM GLAST. YMCA ZUMBA 5:30PM-6:30PM Sacred Rivers Yoga ASHTANGA YOGA 5:30PM-6:45PM Empowered EMPOWERED RIDE 6:30PM-7:30PM	Orangetheory Full Body Workout 8:00AM-9:00AM Chamber Walkers WALKING GROUP 12:45PM-1:45PM soundRUNNER FUN RUN & HAPPY HR 5:00PM-6:30PM Designed Training BARRE 5:30PM-6:30PM Fred Astaire Dance INTRO TO SALSA 6:00PM-7:00PM East Hartford YMCA ZUMBA 6:30PM-7:30PM Elite Karate MY FIT DEFENSE 8:00PM-9:00PM	Glast. Tennis Club INTERMEDIATE CLINIC 9:30AM-10:30AM Designed Training BARRE 1:00PM-2:00PM Orangetheory Full Body Workout 5:45PM-6:45PM	Anytime Fitness OUTDOOR BOOTCAMP 9:00AM-10:00AM Healthtrax GROUP GROOVE 10:00AM-11:00AM Glastonbury YMCA HEALTHY KIDS DAY 10:00AM-12:00PM East Hartford YMCA HEALTHY KIDS DAY 10:00AM-1:00PM Glastonbury Tennis Club INTERMEDIATE CLINIC 10:30AM-11:30AM Orangetheory Full Body Workout 12:00PM-1:00PM	
22	missionFITNESS BOOTCAMP 7:30AM-8:30AM Empowered EMPOWERED RIDE 9:45AM-10:45AM	Designed Training BARRE 9:15AM-10:15AM Healthtrax GROUP ACTIVE 6:30PM-7:30PM	ShopRite East Hartford NUTRITION WALK 5:30PM-6:30PM Arthur Murray Dance LATIN BLAST 6:15PM-7:00PM East Hartford YMCA ZUMBA 6:30PM-7:30PM Fuller Yoga RESTORATIVE YOGA 7:30PM-8:30PM Glastonbury Tennis Club BEGINNER TENNIS CLINIC 7:30PM-8:30PM	Orangetheory Full Body Workout 10:30AM-11:30AM Designed Training BARRE 1:00PM-2:00PM GLAST. YMCA ZUMBA 5:30PM-6:30PM Healthtrax GROUP BLAST 5:30PM-6:30PM Sacred Rivers Yoga ASHTANGA YOGA 5:30PM-6:45PM missionFITNESS BOOTCAMP 6:30PM-7:30PM	Orangetheory Full Body Workout 8:00AM-9:00AM Chamber Walkers WALKING GROUP 12:45PM-1:45PM soundRUNNER FUN RUN & HAPPY HR 5:00PM-6:30PM Designed Training BARRE 5:30PM-6:30PM Fred Astaire Dance INTRO TO SALSA 6:00PM-7:00PM Empowered EMPOWERED RIDE 6:30PM-7:30PM East Hartford YMCA ZUMBA 6:30PM-7:30PM Elite Karate MY FIT DEFENSE 8:00PM-9:00PM	Empowered EMPOWERED RIDE 8:30AM-9:30AM Glast. Tennis Club INTERMEDIATE CLINIC 9:30AM-10:30AM Designed Training BARRE 1:00PM-2:00PM Orangetheory Full Body Workout 5:45PM-6:45PM	Anytime Fitness OUTDOOR BOOTCAMP 9:00AM-10:00AM Glastonbury Tennis Club INTERMEDIATE CLINIC 10:30AM-11:30AM Orangetheory Full Body Workout 12:00PM-1:00PM



May 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>29</p> <p>missionFITNESS BOOTCAMP 8:30AM-9:30AM</p> <p>Healthtrax GROUP CENTERGY 10:00AM-11:00A</p> <p>Fuller Yoga GENTLE YOGA 5:45PM-6:45PM</p>	<p>30</p> <p>Designed Training BARRE 9:15AM-10:15AM</p> <p>missionFITNESS BOOTCAMP 4:30PM-5:30PM</p> <p>Elite Karate MY FIT DEFENSE 7:00PM-8:00PM</p>	<p>1</p> <p>missionFITNESS CARDIO BOXING 5:30PM-6:30PM</p> <p>Healthtrax AQUA ZUMBA 6:00PM-7:00PM</p> <p>Arthur Murray Dance LATIN BLAST 6:15PM-7:00PM</p> <p>East Hartford YMCA ZUMBA 6:30PM-7:30PM</p> <p>Glastonbury Tennis Club BEGINNER TENNIS CLINIC 7:30PM-8:30PM</p>	<p>2</p> <p>Orangetheory Full Body Workout 10:30AM-11:30AM</p> <p>Empowered EMPOWERED RIDE 7:00AM-8:00AM</p> <p>Designed Training BARRE 1:00PM-2:00PM</p> <p>GLAST. YMCA ZUMBA 5:30PM-6:30PM</p> <p>Sacred Rivers Yoga ASHTANGA YOGA 5:30PM-6:45PM</p> <p>Empowered EMPOWERED RIDE 6:30PM-7:30PM</p> <p>Fuller Yoga BEGINNER MAT PILATES 7:30PM-8:30PM</p>	<p>3</p> <p>Orangetheory Full Body Workout 8:00AM-9:00AM</p> <p>Chamber Walkers WALKING GROUP 12:45PM-1:45PM</p> <p>soundRUNNER FUN RUN & HAPPY HR 5:00PM-6:30PM</p> <p>Designed Training BARRE 5:30PM-6:30PM</p> <p>Healthtrax GROUP FIGHT 5:30PM-6:30PM</p> <p>Fred Astaire Dance Intro to Salsa 6:00PM-7:00PM</p> <p>East Hartford YMCA ZUMBA 6:30PM-7:30PM</p> <p>missionFITNESS BOOTCAMP 6:30PM-7:30PM</p>	<p>4</p> <p>Glast. Tennis Club INTERMEDIATE CLINIC 9:30AM-10:30AM</p> <p>ShopRite East Hartford NUTRITION WALK 12:00PM-1:00PM</p> <p>Designed Training BARRE 1:00PM-2:00PM</p> <p>Empowered HAPPY HOUR RIDE 5:00PM-6:00PM</p> <p>Orangetheory Full Body Workout 5:45PM-6:45PM</p>	<p>5</p> <p>Anytime Fitness OUTDOOR BOOTCAMP 9:00AM-10:00AM</p> <p>Healthtrax GROUP GROOVE 10:00AM-11:00AM</p> <p>Glastonbury Tennis Club INTERMEDIATE CLINIC 10:30AM-11:30AM</p> <p>Orangetheory Full Body Workout 12:00PM-1:00PM</p>
<p>6</p> <p>Empowered HIGH INTENSITY INTERVAL RIDE 9:45AM-10:45AM</p>	<p>7</p> <p>Designed Training BARRE 9:15AM-10:15AM</p> <p>missionFITNESS BOOTCAMP 5:30PM-6:30PM</p> <p>Elite Karate MY FIT DEFENSE WOMAN'S HANDS-OFF WORKSHOP 7:00PM-8:00PM</p>	<p>8</p> <p>Healthtrax CYCLE 60 5:30PM-6:30PM</p> <p>Empowered EMPOWERED RIDE 5:30PM-6:30PM</p> <p>Arthur Murray Dance LATIN BLAST 6:15PM-7:00PM</p> <p>missionFITNESS BOOTCAMP 6:30PM-7:30PM</p> <p>East Hartford YMCA ZUMBA 6:30PM-7:30PM</p> <p>Glastonbury Tennis Club BEGINNER TENNIS CLINIC 7:30PM-8:30PM</p>	<p>9</p> <p>Orangetheory Full Body Workout 10:30AM-11:30AM</p> <p>Designed Training BARRE 1:00PM-2:00PM</p> <p>G Hills Country Club GOLF CLINIC 5:00PM-6:00PM</p> <p>GLAST. YMCA ZUMBA 5:30PM-6:30PM</p> <p>Sacred Rivers Yoga ASHTANGA YOGA 5:30PM-6:45PM</p> <p>Empowered EMPOWERED RIDE 6:30PM-7:30PM</p>	<p>10</p> <p>Orangetheory Full Body Workout 8:00AM-9:00AM</p> <p>Chamber Walkers WALKING GROUP 12:45PM-1:45PM</p> <p>soundRUNNER FUN RUN & HAPPY HR 5:00PM-6:30PM</p> <p>Designed Training BARRE 5:30PM-6:30PM</p> <p>Fred Astaire Dance INTRO TO SALSA 6:00PM-7:00PM</p> <p>Healthtrax GROUP POWER 5:30PM-6:30PM</p> <p>East Hartford YMCA ZUMBA 6:30PM-7:30PM</p> <p>Fuller Yoga GENTLE YOGA 7:00PM-8:00PM</p>	<p>11</p> <p>Glast. Tennis Club INTERMEDIATE CLINIC 9:30AM-10:30AM</p> <p>Designed Training BARRE 1:00PM-2:00PM</p> <p>Orangetheory Full Body Workout 5:45PM-6:45PM</p>	<p>12</p> <p>Anytime Fitness OUTDOOR BOOTCAMP 9:00AM-10:00AM</p> <p>Glastonbury Tennis Club INTERMEDIATE CLINIC 10:30AM-11:30AM</p> <p>Orangetheory Full Body Workout 12:00PM-1:00PM</p>



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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
13 missionFITNESS BOOTCAMP 7:30AM-8:30AM Healthtrax GROUP ACTIVE 8:00AM-9:00AM	14 Designed Training BARRE 9:15AM-10:15AM	15 Empowered EMPOWERED RIDE 5:30PM-6:30PM Arthur Murray Dance LATIN BLAST 6:15PM-7:00PM East Hartford YMCA ZUMBA 6:30PM-7:30PM Glastonbury Tennis Club BEGINNER TENNIS CLINIC 7:30PM-8:30PM	16 Orangetheory Full Body Workout 10:30AM-11:30AM Empowered EMPOWERED RIDE 7:00AM-8:00AM Designed Training BARRE 1:00PM-2:00PM GLAST. YMCA ZUMBA 5:30PM-6:30PM Sacred Rivers Yoga ASHTANGA YOGA 5:30PM-6:45PM Healthtrax GROUP GROOVE 6:30PM-7:30PM missionFITNESS BOOTCAMP 6:30PM-7:30PM	17 Orangetheory Full Body Workout 8:00AM-9:00AM Chamber Walkers WALKING GROUP 12:45PM-1:45PM soundRUNNER FUN RUN & HAPPY HR 5:00PM-6:30PM Designed Training BARRE 5:30PM-6:30PM Healthtrax RIDE 30 CYCLING 5:30PM-6:00PM Fred Astaire Dance INTRO TO SALSA 6:00PM-7:00PM East Hartford YMCA ZUMBA 6:30PM-7:30PM	18 Glast. Tennis Club INTERMEDIATE CLINIC 9:30AM-10:30AM Designed Training BARRE 1:00PM-2:00PM Empowered HAPPY HOUR RIDE 5:00PM-6:00PM Fuller Yoga HEATED POWER YOGA 6:00PM-7:00PM Orangetheory Full Body Workout 5:45PM-6:45PM	19 missionFITNESS BOOTCAMP 8:30AM-9:30AM Anytime Fitness OUTDOOR BOOTCAMP 9:00AM-10:00AM Healthtrax GROUP GROOVE 10:00AM-11:00AM Glastonbury Tennis Club INTERMEDIATE CLINIC 10:30AM-11:30AM Orangetheory Full Body Workout 12:00PM-1:00PM
20	21	22 Celebration Event Location TBD 5:00PM-6:00PM	23	24	25	26

notes

Take ten classes for \$49, plus take any extra **bonus classes highlighted in yellow** to sweeten the deal! 😊

The ten classes alone are valued at up to \$200, the extra classes increase your value!

We recommend you limit your classes to no more than 3 per host, so you can sample a variety of our Chamber fitness business offerings.

Thanks to ALL our Chamber MOVE Host Businesses for supporting 2018 Do a 180, MOVE! Please support them and share with your friends!!

Note: a portion of the proceeds will benefit a local non-profit

Classes are for 16 years old and up