

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30AM Foam Rolling Clinic 10-11AM
2	3 8AM 9AM 4PM	4 5:15AM 6AM 8AM 4PM 5:15PM	5 8AM 9AM	6 5:15AM 6AM 4PM 5:15PM	7 8AM 9AM	8 7:45AM
9 SPRING BREAK WEEK NO 4PM GROUPS!!	10 8AM 9AM	11 5:15AM 6AM 8AM 5:15PM	12 8AM 9AM	13 5:15AM 6AM 5:15PM	14 8AM 9AM	15 7:45AM
16	17 8AM 9AM 4PM	18 5:15AM 6AM 8AM 4PM 5:15PM	19 8AM 9AM Colors Bootcamp (ages 5-7) 4-4:30PM	20 5:15AM 6AM 4PM 5:15PM	21 8AM 9AM	22 7:45AM
23	24 8AM 9AM 4PM Open House 5-6PM	25 5:15AM 6AM 8AM 4PM 5:15PM	26 8AM 9AM Youth Foundations Clinic (ages 8-12) 4-5PM	27 5:15AM 6AM 4PM 5:15PM	28 8AM 9AM	29 7:45AM
30	**NEW T/TH 5:15PM GROUP! HIIT, Strength & Pilates-focused. Please welcome Brooke Smith to the MoveMore Coaching Team! ☺** **SPRING BREAK WEEK (April 10-15th) – No 4pm group!					

MARK YOUR CALENDARS!!

FOAM ROLLING CLINIC – Saturday, April 1st – 10AM

“COLORS” BOOTCAMP – Wednesday, April 19th – 4PM

A 30-minute primary movement-themed bootcamp for youth ages 5-7. Coach Lindsay will teach them about their body and primary movements with some fun games thrown in. Ages 5-7 (Co-ed) – 10 student limit. Cost = \$10.

OPEN HOUSE – Monday, April 24th – 5PM-6PM

Help us celebrate MoveMore's new facility! Come enjoy light refreshments, earn prizes and compete in some fun workouts. Bring everyone you know! ☺ Drop in from 5-6pm.

YOUTH FOUNDATIONS BOOTCAMP – Wednesday, April 26th – 4PM

Sign your 8-12 year old up for a 60-minute foundational-focused clinic (beginner to intermediate level). We'll learn proper body mechanics, coordination drills and fundamental movement patterns. Ages 8-12 (Co-ed) – 10 student limit. Cost = \$12