







APRIL

AAP Group Fitness Schedule

2026

Classes are included with a Honda Wellness Center Membership

hondawellness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7 3:00pm Low Impact HIIT 	8	9	10
13 3:15pm Power Up 	14	15 3:00pm Power Up 	16	17
20	21 3:00pm Flex & Flow 	22	23 3:15pm Flex & Flow 	24
27	28	29 2:45pm Gentle Flow @ Honda Rec Park 	30	

*Classes held in AIDT L101 unless noted on schedule.