



## **April Suggestions!**

### **April 1-5**

#378: Drums: He'll be With You

#338 Silent Saturdays Cardio and Strength (EASTER WEEKEND!)

### **April 6-12**

#715: Jesus at the Core Cardio and Strength with Shannon

#716: Compound Strength: Covered by the Shepherd

#717: Kickboxing and Drums: To Completion

### **April 13-19**

#692: Strength + Cardio: I will bless the Lord who Guides Me

#688: Delightful Dozen: Take Action

#682: Descending Pyramid: Who Else is Worthy

### **April 20-26**

#715: Jesus at the Core Cardio and Strength with Shannon

#716: Compound Strength: Covered by the Shepherd

#717: Kickboxing and Drums: To Completion

### **April 27-30**

#661: Cardio Strength + Tabatas: No Spirit of Fear

#660: Choreographed Strength: Friend