FEBRUARY GROUP EXERCISE SCHEDULE

	Monday Tuesday							Wednesday Thursday					Friday			Saturday Sui		
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room	
	Cycle/Boot Camp 5:30-7 am Danielle K.			IXOOIII			IXOOIII			TOOM			Cycle/Boot Camp 5:30-7 am Jen P.			TOOM		
		Just for You 9-9:30 am			Just for You 9-9:30 am		Silver- Sneakers Circuit 8-8:45 am	Just for You 9-9:30 am			Just for You 9-9:30 am		Silver- Sneakers Circuit 8-8:45 am	Just for You 9-9:30 am				
Muscle Blast 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	9.45-10.15	P90X LIVE 9:30-10:30 am Jen P.	Sneaker	Just for You 9:45-10:15 am				Boot Camp 9-10:10 am Candace	Silver- Sneaker Classic 9-9:45 am Lois	Just for You 9:45-10:15 am	Riagi	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am	Pilates Barre Plus 9-9:55 am Becky	Step Up 9-9:55 am Michelle		
R.I.P.P.E.D 10-10:55 am Jen Kn.		Just for You 10:30- 11 am		Silver- Sneakers Yoga 9:45-10:30 am Kortney		Pilates Barre Plus 10-10:55 am Diane	Cross Training 10-10:55 am Lisa	Just for You 10:30- 11 am	10:15-11:15 am	Silver- Sneaker Yoga 9:45-10:30 am Kortney		PIYO LIVE 10-10:55 am Diane/Jen	Total Body 10-11 am Melissa	Just for You 10:30- 11 am	PIYO LIVE 10-10:55 am Becky	Zumba® 10-10:55 am Dawn		
Line Dancing 11:15 am- 12:45 pm Julia	Silver&Fit Experience 11:15 am- Noon Marian	Just for You 11-11:30 am	Cardio Sculpt 10:45-11:45 am Marian	Silver- Sneaker Circuit 10:30-11:15 am Martha		Line Dancing 11:15 am- 12:45 pm Julia	Silver- Sneaker Classic 11:15 am- Noon Gwen	Just for You 11-11:30 am		Silver- Sneaker Circuit 10:30-11:15 am		Line Dancing Noon-1:30 pm Julia	Silver&Fit Experience 11:15 am- Noon Deb					
	Cardio Sculpt 1-1:55 pm						Chair Yoga 12:30-1:15 pm Lindsay											
PIYO LIVE 5:30-6:25 pm Amanda	Cross Training 530-6:25 pm Corey		Intermediate Yoga 5-6:25 pm Delphine	Step Up 5:30-6:25 pm Rhonda	Heartbeats 4:30-5 pm Linda				Intermediate Yoga 5-6:15 pm Janice	Step Up 5:30-6:25 pm Rhonda	Heartbeats 4:30-5 pm Linda	This good certified P	roup is the IYO LIVE	PIYO LIVI one for you instructors	u! Join one for a 5 wee	of our ek session	P90X LIVE 5-6 pm Emily	
INSANITY LIVE 6:30-7:15 pm Melissa	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	Pilates Barre Plus 6:30-7:30 pm Jen/Tonya	6:30-7:30 pm		Abs N'at 6-6:30 pm Stacey	Cross Training 6-7 pm Danielle K.	Circuit PLUS 6-6:55 pm Rhonda	Muscle Blast 6:30-7:25 pm Missy	PIYO LIVE 6:30-7:30 pm Lisa		that will break down the elements of a full PIYO LIVE class. Please register at the Member Service Desk. Beginner PIYO LIVE						
Pilates with Props 7:15-7:45 pm Melissa H.	Beginning Yoga 7:30-8:25 pm Lindsay					Zumba® 7-8 pm Dawn			Hip Hop 7:30-8:15 pm Leanne			Days: N	/londay and	f February d Wednesc FREE; Nor	lay Time: 6	-7 p.m.		