

**FEBRUARY GROUP EXERCISE SCHEDULE**

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday			
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 5:30-6:30 am Danielle								P90X LIVE LIVE 5:15-6:15 am Emily				Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.					
	Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Jen K.	Beginning Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Jen B.			Just for You 9-9:30 am Shannon		Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen/Beth	Step Up 8:30-9 am Michelle				
Muscle Blast 9-9:55 am Marion	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Jera	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Jera	RIP 9-9:55 am Jaime	PIYO LIVE 9-9:55 am Jen/Diane	Just for You 9:45-10:15 am Amy G.	Cycle/Boot Camp 9:15-10:30 am Candace/Carol	Silver-Sneaker Classic 9-9:45 am Julia	Just for You 9:45-10:15 am Emily	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	TURBOKICK LIVE 9-9:55 am Beth	POUND 9-9:55 am Michelle <i>*Limited Space</i>				
Feb.6th & 20th R.I.P.P.E.D 13th & 27th WAR 10-10:55 am Jen Kn.	Zumba®/Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marion		Chair Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Jen B.	Just for You 10:30- 11 am Jera	Cardio Sculpt 10:45-11:45 am Carol	Silver-Sneaker Yoga 9:45-10:30 am Julia		PowerStep/Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30- 11 am Tiffany	Pilates Barre Plus 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 Marion	Just for You 11-11:30 am Jen K.	Cardio Sculpt 10:45-11:45 am Marion	Silver-Sneaker Circuit 10:30-11:15 Martha		Line Dancing 11:15 am-12:45 pm Julia	Silver-Sneaker Classic 11:15 am-Noon Deb	Just for You 11-11:30 am Jera	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am			Silver&Fit Experience 11:15 am-Noon Deb							
												Line Dancing Noon-1:30 pm Marilyn								
PIYO LIVE 5:30-6:25 pm Amanda	Crosstraining 5:30-6:25 pm Jen P.		Pilates with Props 5:30-6:25 pm Diane	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B	Gotta Tabata 5:30-6:25 pm Stacey			Intermediate Yoga 5-6:15 pm Janice	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B	<p><b>Be sure to check out the push up challenge in the wellness center for February and March!!</b></p>					Zumba/ H.I.I.T. 5-5:55 pm Shannon			
TURBOKICK LIVE 6:30-7:25 pm Beth	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Yoga 6:30-7:30 pm Nancy		Abs N'at 6:30-6:55 pm Stacey	WAR 6-6:55 pm Danielle K./Jen P.	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:25 pm Lisa										Water Boot Camp 6-7 pm Lap Pool Corey
						POUND 7-8 pm Michelle <i>*Limited Space</i>	Yoga 7:30-8:30 pm Nancy													

**MARCH GROUP EXERCISE SCHEDULE**

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday			
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 5:30-6:30 am Danielle								P90X LIVE LIVE 5:15-6:15 am Emily				Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.					
	Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Jen K.	Beginning Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Jen B.			Just for You 9-9:30 am Shannon		Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen/Beth	Step Up/POUND 8:30-10 am Michelle				
Muscle Blast 9-9:55 am Marion	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Jera	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Jera	RIP 9-9:55 am Jaime	PIYO LIVE 9-9:55 am Jen/Diane	Just for You 9:45-10:15 am Amy G.	Cycle/Boot Camp 9:15-10:30 am Candace/Carol	Silver-Sneaker Classic 9-9:45 am Julia	Just for You 9:45-10:15 am Emily	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	TURBOKICK LIVE 9-9:55 am Beth					
March 6th & 20th R.I.P.P.E.D 13th & 27th WAR 10-10:55 am Jen Kn.	Zumba®/Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marian		Chair Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Jen B.	Just for You 10:30- 11 am Jera	Cardio Sculpt 10:45-11:45 am Carol	Silver-Sneaker Yoga 9:45-10:30 am Julia		PowerStep/Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30- 11 am Tiffany	Pilates Barre Plus 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 Marion	Just for You 11-11:30 am Jen K.	Cardio Sculpt 10:45-11:45 am Marion	Silver-Sneaker Circuit 10:30-11:15 Martha		Line Dancing 11:15 am-12:45 pm Julia	Silver-Sneaker Classic 11:15 am-Noon Deb	Just for You 11-11:30 am Jera	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am			Silver&Fit Experience 11:15 am-Noon Deb			Silver-Sneaker Classic 11am-11:45 am Becky				
												Line Dancing Noon-1:30 pm Marilyn								
PIYO LIVE 5:30-6:25 pm Amanda	Crosstraining 5:30-6:25 pm Jen P.		Pilates with Props 5:30-6:25 pm Diane	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B	Gotta Tabata 5:30-6:40 pm Stacey				Step Up 5:30-6:25 pm Rhonda		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Sign up for the 1 minute push-up challenge being held Saturday, April 1st from 12-2 pm!</p> </div>					Zumba/ H.I.I.T. 5-5:55 pm Shannon			
TURBOKICK LIVE 6:30-7:25 pm Beth	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Yoga 6:30-7:30 pm Nancy		POUND 7-8 pm Michelle *Limited Space	WAR 6-6:55 pm Danielle K./Jen P.	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:25 pm Mallori										Water Boot Camp 6-7 pm Lap Pool Corey
							Yoga 7:30-8:30 pm Fran													