



LEAP into FEBRUARY!

Group Exercise Schedule - February 6th-29th

TIME	MON	TUES	WED	THURS	FRI	SAT
6-7		YOGA Walter	CYCLING Walter	FITNESS BLAST Andy	CYCLING Kate	
		SWIM Strong Pam				
7-8				SWIM Strong Pam	YOGA Sue S.	
8-9						CORE CRUSH Rotation
9-10						CYCLING Rotation
						FITNESS BLAST Rotation
9:30-10:30	SILVER SNEAKERS Stacy	YOGA FIT Carol	SILVER SNEAKERS Stacy		SILVER SNEAKERS Stacy	
10:30-11:00			SILVER STRETCH YOGA Sherry			
11-12	PILATES Stacy		PILATES Stacy		PILATES Stacy	
12-1		CYCLING Linda		CYCLING Andy		
5-6	ZUMBA Myrtha		ZUMBA Linda		ZUMBA Linda/ Myrtha	
5:30-6:30			CYCLE FUSION Jill			
6-7	BOXING CONDITIONING Gil	PONY EXPRESS Lionel	BOXING CONDITIONING Gil	PONY EXPRESS Lionel		
		CYCLING Nicky		CYCLING John		
				SWIM Strong Pam	AQUA ZUMBA (615) Linda	
6:30-7:30	YOGA Sue Colby		YOGA Sue Stevens			
7-8	LEARN to BOX Gil	LEARN to BOX Gil	LEARN to BOX Gil	LEARN to BOX Gil		
7:30-8:30	PILATES Stacy		PILATES Stacy			
	BLUE = STUDIO A	PURPLE = STUDIO B	GREEN = POOL	ORANGE = BOXING ROOM		