

# FEBRUARY 2012 GROUP FITNESS CLASS SCHEDULE

MON

TUE

WED

THURS

FRI

SAT

SUN

5:15	5:15am Abs 5:30am Step <i>Dianne</i>	5:15am <i>Cycling</i> <i>Andy/Amber</i>		5:15am Abs 5:30am Step <i>Dianne</i> 5:15am <i>Cycling</i> <i>Andy</i>			
7:30						<b>Cycling</b> <i>Eric/Deana</i>	
8:45	<b>DANCE FUSION</b> <i>Carrisa</i>	<b>Super Sculpt</b> <i>Ann</i>	<b>Zumba!</b> <i>Erica</i>	<b>Super Sculpt</b> <i>Ann</i>	<b>Zumba!</b> <i>Erica</i> <b>Belly Dancing</b> <i>Ann/Sandy</i>	<b>8:30am Kickboxing</b> <i>Aurora/Dianne</i>	
9:00	<b>Aqua</b> <i>Diana</i>	<b>Forever Fit</b> 9-9:30	<b>Aqua</b> <i>Christine</i>	<b>Forever Fit</b> 9-9:30	<b>Silver Splash</b> <i>Diana</i> 		<b>Cycling</b> <i>MaryKay</i>
9:30	<b>Cardio Cross-Training</b> (upstairs) <i>Jenny</i> 	<b>9:45AM Zumba!</b> <i>Natali</i> <b>Muscular Strength</b> 9:45am <i>Diana</i> 	<b>9:15am CardioFit</b> <i>Diana</i> 	<b>9:45AM Zumba!</b> <i>Natali</i> <b>Muscular Strength</b> 9:45am <i>Jenny</i> 	<b>9:45AM Zumba!</b> <i>Natali</i>	<b>9:45AM Zumba!</b> <i>Erica/Yolanda</i>	
10:00	<b>Forever Fit Range of Motion</b> 10:15 am <i>Jenny</i>	<b>10:45 Muscular Strength</b> <i>Diana</i> 	<b>10:15 Yoga Stretch</b> <i>Diana</i> 	<b>10:45 Muscular Strength</b> <i>Jenny</i> 	<b>Forever Fit Range of Motion</b> 10:15am <i>Jesse</i>		<b>Step February 12th</b> <i>Chris</i>
12:00	<b>Cycling</b> <i>Andy</i> 12:30pm <b>FIT FOR LIFE \$</b> <i>Frederick</i>	<b>Step</b> <i>Chris</i>	<b>Cycling</b> <i>Ann</i>	<b>Step</b> <i>Chris</i>	<b>Cycling</b> <i>Raja</i>		
5:00	<b>Butts &amp; Guts</b> <i>Chris/Katie</i>  <b>Kids Fit</b>	<b>4:30pm Pilates &amp; More</b> <i>Ann</i> <b>Kids Fit</b>	<b>Kids Fit</b>	<b>4:30pm Pilates &amp; More</b> <i>Ann</i>			
5:30/ 6:00	<b>Step Class</b> <i>Chris/Katie</i>  <b>Cycling</b> <i>Kristy/Marykay</i>  <b>Aqua Aerobics</b>	<b>Cycling</b> <i>Deana/Katy</i>  <b>Kickboxing</b> <i>Amber</i>	<b>Total body Pump &amp; Sculpt</b> <i>MaryKay</i> <b>Cycling</b> <i>Kristy</i> <b>Aqua Aerobics</b>  <b>6:00pm StriveFit Circuit</b> <i>Lindsay</i>	<b>Cycling</b> <i>Eric</i>  <b>Power Cardio</b> <i>Lindsay</i>  <b>Kickboxing</b> <i>Marykay/Aurora</i>	<b>Aqua Aerobics</b>		
6:00/ 6:30	<b>6:30pm Zumba!</b> <i>Natali</i>	<b>6:30pm Zumba!</b> <i>Erica</i>	<b>6:00pm FIT FOR LIFE \$</b> <i>Frederick</i>  <b>6:30pm Zumba!</b> <i>Natali</i>				<b>\$ Paid Class</b> <i>Please See Front desk</i>