

Group Fitness Schedule

February 2021

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Director |

28 SUN	1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT
Power Pump 12:30 PM Anne H.	Yoga 5:30 AM Andi C.	Water Fit Combo 5:30 AM Melissa M.	Power C.S.I. 9:15 AM Tiffany K.	Yoga 5:30 AM Maryana G.	Boot Camp 5:30 AM Kim B.	Group Cycling 7:30 AM Kim B.
Zumba® 2:30 PM Sydney H.	Water Fit Combo 8:00 AM Marcia R.	Group Cycling 5:30 AM Kim B.	Yoga 9:15 AM Maggie A.	Group Cycling 5:30 AM Kim B.	Power Pump 8:15 AM Mary W.	Yoga 8:45 AM Maryana G.
	Tabata 9:15 AM Mary R.	Water Fit Combo 8:00 AM Marcia R.	Power C.S.I. 12:00 PM Karla H.	Water Fit Combo 8:00 AM Marcia R.	Boot Camp 12:00 PM Mary W.	Group Cycling 9:00 AM Noelle B.
	Multiple Sclerosis Class 10:30 AM Mary R.	Group Cycling 9:15 AM Noelle B.	Yoga 4:45 PM Maggie A.	Group Cycling 9:15 AM	Power C.S.I. 4:30 PM Tiffany K.	Core & More 10:10 AM Noelle B.
	Fit For Life H2O 12:00 PM Amy S.	Core & More 10:15 AM Noelle B.	Zumba® 5:30 PM Sydney H.	Core & More 10:15 AM Noelle B.	Water Fit Combo 5:30 PM Lacey S.	
	Boot Camp 12:00 PM Thena K.	Zumba® 10:15 AM Sydney H.		Multiple Sclerosis Class 10:30 AM Mary R.	Zumba® 5:45 PM Aimee G.	
	Boot Camp 4:30 PM Nisha A.	Tabata 12:00 PM Lyndsy S.		Tabata 12:00 PM Amy S.		
	Water Fit Combo 5:30 PM Lacey S.	Boot Camp 5:30 PM Kristine D.		Group Cycling 5:30 PM Kim F.		
	MixedFit® 5:30 PM Sydney H.	Yoga 6:30 PM Emily S.		Zumba® 6:30 PM Kristin W.		