

the GROUP FITNESS SCHEDULE FEBRUARY 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G C L A S S E S		Cycle 45** w/ Lisa 5:30-6:15 CR		Cycle 45** w/ Lisa 5:30-6:15 CR			
		Cross Training w/ Tracy ** 5:30-6:25 AG	Bootcamp w/ Karen*** 5:30-6:25 CTR	Circuit Training w/ Anthony *** 5:30-6:30 CTR	Cross Training w/ Tracy ** 5:30-6:25 AG	Core & More w/ Karen** 5:30-6:25 AC	
		Silver Toning • w/ Brianna 8:00-8:50 AC	Yoga • w/ Jodi 8:00-8:45 RR	Silver Toning • w/ Andrea 8:00-8:50 AC	Yoga • w/ Andrea 8:00-8:45 RR	Silver Toning • w/ Julie 8:00-8:50 AC	Cycle Sculpt ** w/ Kim 8:00-8:55 CR
		Circuit Training w/ Brooke *** 9:00-9:55 CTR	Basic Step • w/ Carol Lewis 8:30-9:00 AC	Free Pickleball Lessons - Lynn & Dawn 8:00-8:55 AG	Step Class ** w/ Kris 8:15-9:00 AC	Circuit Training w/ Brooke *** 9:00-9:55 CTR	Circuit Training w/ Anthony *** 9:00-9:55 CTR
		Boot Camp ** w/ Brianna 9:00-9:55 AC	Total Body Challenge w/ Zach ** 9:00-9:55 AC	Bootcamp** w/ Brooke 9:00-9:55 AC	Total Body Challenge w/ Zach ** 9:00-9:55 AC	Core & More ** w/ Christina 9:00-9:50 AC	Zumba** w/ Alison 10:00-10:55 AC
		Silver Cardio • w/ Andrea 9:00-9:45 RR	Pilates • w/ Jodi 9:00-9:55 RR	Silver Cardio • w/ Andrea 9:00-9:45 RR	Pilates • w/ Jodi 9:00-9:55 RR	Silver Cardio • w/ Julie 9:00-9:45 RR	Yoga • w/ Jodi 10:00-10:55 RR
		Yoga • w/ Andrea 10:00-10:55 RR	Silver Cardio • w/ Julie 10:00-10:45 RR	Yoga • w/ Brittany 10:00-10:55 RR	Silver Cardio • w/ Julie 10:00-10:45 RR	Pilates • w/ Jodi 10:00-10:55 RR	
			Zumba ** w/ Jessica 10:00-10:55 AC		Zumba ** w/ Jessica 10:00-10:55 AC		
			Cycle Sculpt ** w/ Brooke 10:00-11:00 CR		Cycle Sculpt ** w/ Brooke 10:00-11:00 CR		
	E V E N I N G C L A S S E S	Circuit Training w/ Isaiah *** 3:00-4:00 CTR	Yoga • w/ Tammy 5:30-6:25 RR	Circuit Training w/ Brett *** 5:30-6:30 CTR	Power Yoga ** w/ Tammy 5:30-6:25 RR	Circuit Training w/ Brett *** 5:30-6:30 CTR	
\$ Co-Ed Volleyball 4:00-7:30 AG		Dance Fitness ** w/ Christy 5:35-6:25 AC	Dance Fitness** w/ Christy 5:30-6:25 RR	Zumba** w/ Alison 5:35-6:25 AC	Dance Fitness** w/ April 5:30-6:25 RR		
		Cycle 45 w/ Kim • 6:00-6:45 CR			Cycle 45 w/ Tanner ** 6:00-6:45 CR		
		Boot Camp *** w/ Breann 6:30-7:25 AC	Total Body Challenge w/ Breann*** 6:30-7:25 AC	Kickboxing w/ Summer** 6:30-7:30 AC	Total Body Challenge w/ Summer*** 6:30-7:25 AC		
			\$ Tai Chi w/ George 6:30-7:00 RR		\$ Tai Chi w/ George 6:30-7:00 RR		
			\$ Martial Arts w/ Mike 7:00-8:00 RR		\$ Martial Arts w/ Mike 7:00-8:00 RR		

