

February Fitness Class Schedule

BLACK = Studio #1

Italic= Studio #2

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Core,Strength,Cardio w/Christy	Body Sculpt w/ Ann	Core,Strenth,Cardio w/Christy	Body Sculpt w/ Ann		
8:00	Hydro Challenge w/ Sue (Indoor Pool) Classic Aerobics w/ Ann	Hydro Challenge w/ Jason (Indoor Pool) H I I T w/ Sonia	Hydro Challenge w/ Sue (Indoor Pool) Classic Aerobics w/ Ann	Hydro Challenge w/ Jason (Indoor Pool) H I I T w/ Sonia	Hydro Challenge w/ Jason/Sue (Indoor Pool) Classic Aerobics w/ Ann	Zumba w/Jerry
	<i>Tai Chi (Essentials)</i> w/Charlie		<i>Tai Chi (Essentials)</i> w/Charlie	<i>Seated QiGong</i> w/ Charlie	<i>Tai Chi (Yang Style)</i> w/ Charlie	
9:00	KettleBell/Body Weight w/ Wally	Zumba w/Shantoya <i>Yin Yoga</i> w/Christine	KettleBell/ Body Weight w/ Wally	Zumba w/Shantoya <i>Yin Yoga</i> w/Christine	KettleBell/Body Weight w/Wally	Yoga/Medit'n w/Jerry
10:00	Total Body Conditioning w/Norma Zumba w/ Laurie	20-20-20 w/ Patti <i>Pilates Challenge</i> w/ Juls	Total Body Conditioning w/Norma Zumba w/ Laurie	20-20-20 w/ Patti <i>Pilates Challenge</i> w/ Juls	Total Body Conditioning w/ Norma Zumba w/ Laurie	20-20-20 w/Patti
11:00	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti
12:00						
1:00		Strength & Stability w/ Matt		Strength & Stability w/ Matt	Chair Yoga w/ Karen	
2:00	Sit & Fit w/ Juls	Pilates Stretch w/Matt	Sit & Fit w/ Juls	Pilates Stretch w/Matt		
3:00						
4:00		Yoga w/ Shari		Yoga w/ Shari		
5:00						

Studios Phone: 935-6752

Fitness Center Phone: 935-6740

All Classes \$4 (\$3 w/punch card) unless specified
Guests may not use punch card

Hours: M-Th 6am-6pm, Fri 6am-4pm
Sat/Sun 7am-4pm

**AND DON'T FORGET WELLBEATS
IS AVAILABLE....VIRTUAL CLASSES!**

NEW CLASSES: Pilates Stretch (replaces Stretch & Flex) Targets core, emphasizes flexibility
Seated QiGong - related to Tai Chi
WellBeats has been updated! New classes have been added to WellBeats, including classes designed for age groups