

## February Fitness Class Schedule

Studios Phone: 935-6752  
TF Fit Ctr Phone: 935-6740

Hrs: M-Sat 8am-noon; 3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified  
Guests may not use discounted package

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Indoor Pool)	Hydro Challenge w/ Janet (Indoor Pool)	Hydro Challenge w/ Sue (Indoor Pool)			
	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	
	Tai Chi w/ Charlie		Stillness in Motion w/ Charlie			
9:00		Hydro Challenge w/ Janet/Shirleen		Hydro Challenge w/ Shirleen	Aqua Zumba w/ Helen (Indoor Pool)	
	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Core Combo Yoga w/ Becca	Yin Yoga w/ Laine	Zumba w/ Helen	Yin Yoga w/ Laine		Zumba w/ Helen
	Spin Bikes Available in Studio #3					
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
	Spin Bikes Available in Studio #3					
	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	
11:00	#2 Not available 11-4	Country Fitness w/Cortney	#2 Not available 11-2	#2 Not available 11-4		
	Spin Bikes Available in Studio #3					
	3:00	Unwind Body and Mind w/ Laine		Yin Yoga w/ Laine		As this is our busiest time of year, be sure to make a reservation for class. And if you find you cannot use it, PLEASE cancel your reservation so another can attend.
	4:00					

**RESERVATIONS REQUIRED: [www.supersaas.com/schedule/login/PebbleCreek\\_Fitness/](http://www.supersaas.com/schedule/login/PebbleCreek_Fitness/)**