

February Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycle 8:30-9:15 AM <i>Now!</i> Holli	Jumpstart 6-7 AM Maria	Group Cycle 5:45-6:30 AM Heather	Jumpstart 6-7 AM Maria	Group Cycle 5:45-6:30 AM Heather	Jumpstart 6-7 AM Maggie	High Intensity Step 8-9 AM Heather
Fit Yoga 9:30- 10:30AM Ashley Feb 7 and 21	Powermat 9:15-10:15 AM Kelly	Jumpstart MAX 5:30-6:30 AM Brett <i>Starting Feb 9th</i>	Powermat 9:15-10:00 AM Kelly		Cyclates 9:15-10:45 AM Allison	
Fit Yoga 12:30-1:30 PM Maggie Feb 14 and 28	Cyclates 9:15-10:45 AM Allison	Step and Strength 9:15-10:30 AM Kelly	Cyclates 9:15-10:45 AM Allison	Step and Strength 9:15-10:30 AM Kelly		Hi/Lo Circuit 9-10 AM (except the last Sat. of each month) Heather
		Total Body Conditioning 9:45-10:30 AM Brenda		Total Body Conditioning 9:45-10:30 AM Brenda		Bootcamp 9-10 AM (last Sat. of each month) Heather
	Forever Young 10:15-11:15 AM Maggie	Pilates Principles 10:30-11:30 AM Brenda	Forever Young 10:00-11:00 AM Wendy	Pilates Principles 10:30-11:30 AM Brenda	Forever Young 10:15-11:15 AM Heather	
		SilverSneakers® MSROM 11:30 AM-12:15 PM Kelly/Denise	Tai Chi for Arthritis Level 2 10:00 AM-11:00 AM Lori	SilverSneakers® MSROM 11:30 AM-12 PM Kelly/Denise	Pilates Fusion 12:15-1:15 PM Denise	
		Tai Chi for Arthritis Level 1 12:30 PM-1:30 PM Lori	Tune Up 5-6 PM Heather	Power Sculpt 5:30-6:30 PM Tiff		
	Tune Up 5-6 PM Heather	Power Sculpt 5:30-6:30 PM Tiff	Pilates Fusion 6-7 PM Denise			
	Cardio Movement Fusion 6-7 PM Heather	Group Cycle 6-6:45pm <i>Now!</i> Rose	Zumba 6-7 PM Heather	Core Concentration 6:30-7 PM		
	Cardio Box 7-8:15 PM Heather	Core Concentration 6:30-7 PM Heather	Cardio Box Circuit 7-8:15 PM Heather	Step Interval 7-8 PM Heather		
		High Intensity Step 7-8 PM Heather				



- High Intensity Cardiovascular**
- Beginner/Older Adult**
- Cardiovascular**
- Mind/Body**
- Strength Training**
- Group Cycling**