



FEBRUARY 2019 Group Exercise Class Schedule

Please allow 2-5 min. of transition time between classes

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		Group Exercise Studio							
	5:30am	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP Greta			
	7:00am	FLEXIBLE & STRONG		FLEXIBLE & STRONG		FLEXIBLE & STRONG			
	8:00am	Zumba- Lisa				Zumba-Lisa			
	9:00am	BODYPUMP Amy	ZUMBA TONING-KIT	BODY SCULPT	ZUMBA TONING-KIT	BODYPUMP AMY	BODYPUMP SET UP		
	9:30AM						BODYPUMP Tonya		
	10:30am	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS	ZUMBA J OR J KF		
	11:00am		FUN&MOTION CLAUDIA		FUN&MOTION CLAUDIA		ZUMBA 10:30/11:30		
	12:00pm	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP SET UP			
	12:15PM					BODYPUMP Greta			
	3:00pm	3-4:00PM BALLERINAS			3-4:00PM BALLERINAS			Table Tennis 3-6PM	
	4:00pm	BALLERINAS		ZUMBA JOENELLE		TABLE TENNIS 4-7			
	5:00pm	BODYPUMP SET UP		BODYPUMP SET UP					
	5:30pm	BODYPUMP Tonya	Zumba CARLEE (KF)	BODYPUMP Tonya	Zumba CARLEE (KF)				
	6:30pm	ZUMBA JOENELLE KF	DEMO ABS/BOOTY						
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	7:45am					PIYO LAURA			
	8:00am			PIYO LISA					
	8:30am	YOGA Barbara(1.5hrs)			YOGA Barbara(1.5hrs)				
	9:00am		PILATES	FUSION SUMMER		FUSION SUMMER	PIYO LISA		
	10:00am		Stretch the Limits Claudia		Stretch the Limits Claudia				
	10:15am	FLEXIBILITY 10:15 Connie							
	10:30am								
	5:30pm	BEG. Yoga Eric	PILATES TONYA	Beg. Yoga Eric					
	POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM								
	Time	Monday	Tuesday	Wednesday	Thursday	Friday			
	9:00am	Aquacise Leslie	Aquacise Leslie		Aquacise Leslie	Aquacise Leslie			
	11:30am					POOL CLEANING 1 HR			
	5:30pm		Aquacise Anna		Aquacise Anna				
	Time	Monday	Tuesday	Wednesday	Thursday	Friday			
	5:00AM		RACHEL		RACHEL				
	8:00AM		CHRIS		KIRK				
	5:30PM					KIRK			
	6:30PM	PHOENIX			PHOENIX				
	Spin								