

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY



1 NEW TRX101 6:30a		2	
T 5:15a TRX	Kay	C 8:30a Cycle	Phillip
C 5:15a METcamp	Mary Kat	T 9:00 S.O.S	Jan
T 6:30a TRX 101	Kay	A 9:00a FIT CAMP	Ashley J
B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Margree
C 8:15a Cycle	Amy	This Saturday Has You Covered!!!	
A 8:30a ZUMBA DUO	MK/Dany		
A 9:35a Low Impact	Brenda		
B 9:40a Yoga	Lisa		
A5:00p Jungle Body	Angel		

3 Penalty BOX 4p		4		5 NEW PILATES 4:30p		6		7		8 NEW TRX101 6:30a		9	
C 3:00p Cycle	Joshua	C 530a 30TK/ 30 Weights	Zel	A 5:30 P90X	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Zel
A 4:00p Penalty BOX! 45	Mary Kat	B 8:00a Stretch Yoga 90	Dee	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga	Paula	T 5:30a INTERVAL RUN	Ste/Katie	C 5:15a METcamp	Mary Kat	A 9:00a Tabata Drills	Phillip
B 4:00p Yoga	Dee	C 8:15a Cycle	Leigh Anne	B 8:30a Power Yoga	Amy D	C 8:15a Cycle(45)	Mary Kat	A8:30a Cardio Meltdown	Brenda	T 6:30a TRX 101	Kay	B 9:35a Yoga	Paula
<i>End Your Weekend With a WORKOUT!!!!!! 3 great classes 4 awesome instructors!!</i>		A 8:30a 20/20/20	Mary Kat	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle MIX	Leigh Anne	B 8:30a Power Yoga	Amy D	B 8:00a Stretch Yoga 90	Dee	9:35am Yoga w/Paula I	
		A 9:35a Low Impact	Jodie	A 4:30p FIT CAMP	Ashley J	A 9:35a Sculpt Lite	Mary Kat	A 9:30a Active Aging	Jodie	C 8:15a Cycle	Amy		
		B 9:40a Yoga	Margree	B 4:30p Pilates	Jodie	A 4:30p BOX INTERVALS	Travis	B 9:30a Bar-lates	Carroll	A 8:30a OFF THE HOOK	LAMK		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Amy	A 4:30p SCULPT	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Brenda			A 5:35p Turbo Kick	Zel	B 4:30p Yoga	Paula	B 9:40a Yoga	Lisa		
		A 5:35p Turbo Kick/Mix	Mary Kat					B 5:35p Pilates	Paula				
C 5:45p Power Cycle	Amy B					A 5:35p FIT CAMP	Ashley J						

10		11		12 NEW PILATES 4:30p		13 CLUB SPIN 5:30p!		14 Happy Valentine's Day!		15 NEW TRX101 6:30a		16 Mind and Body Day!	
C 3:00p Cycle	Amy	C 530a 30TK/ 30 Weights	Zel	A 5:30a P90X	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	A8:30a 2 Hour YOGA!	All yoga
A 4:00p P90X	Phillip	B 8:00a Stretch Yoga 90	Dee	A8:30a Turbo Kick	Mary Kat	B 8:00a Yoga	Paula	T 5:30a METRO MILERS	Ste/Katie	C 5:15a METcamp	Mary Kat	Come experience all the	instructors
B 4:00p Yoga	Willemijn	C 8:15a Cycle PLUS	Leigh Anne	B 8:30a Power Yoga	Amy D	C 8:15a Cycle(45)	Mary Kat	A8:30a TOUGH LOVE	MK/Bren	T 6:30a TRX 101	Kay	Different styles of yoga!	
This Sunday Has You Covered!!!		A 8:30a 20/20/20	Mary Kat	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle MIX	Leigh Anne	B 8:30a PARTNER YOGA	Amy D	B 8:00a Stretch Yoga 90	Dee	C 8:30a Cycle	Amy
		A 9:35a Low Impact	Jodie	A 4:30p FIT CAMP	Ashley J	A 9:35a Sculpt Lite	Delisa	A 9:30a Active Aging	Jodie	C 8:15a Cycle (60)	Amy	T 9:00 S.O.S	Jan
		B 9:40a Yoga	Margree	B 4:30p Pilates	Jodie	A 4:30p BOX INTERVALS	Travis	B 9:30a Bar-lates	Carroll	A 8:30a SCULPT 60	Brenda	Join us for Mind and Body Day!	
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 5:30p CLUB SPIN	MK/Joshua	A 4:30p SCULPT	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Brenda			90'S Hits part 2!		B 4:30p Yoga	Paula	B 9:40a Yoga	Lisa		
		A 5:35p Turbo Kick/Mix	Mary Kat			A 5:35p Turbo Kick	Zel	B 5:35p Pilates	Paula	A 10:30a Tai Chi	Peggy		
C 5:45p Power Cycle	Amy B					A 5:35p FIT CAMP	Ashley J	A5:00p Jungle Body	Angel				

17 Penalty BOX 4p		18 5:35pm ZUMBA!		19 NEW PILATES 4:30p		20		21 Yogi by Sher POP UP!		22 NEW TRX101 6:30a		23	
C 3:00p Cycle	Joshua	C 5:30a 30 TK/ 30	Zel	A 5:30a P90X	Brenda	A 5:15a FIT CAMP	Brenda	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
A 4:00p Penalty BOX! 45	Mary Kat	B 8:00a Stretch Yoga 90	Dee	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga 90	Paula	T 5:30a INTERVAL RUN	Ste/Katie	C 5:15a METcamp	Mary Kat	A 9:00a Circuit Training	Brenda
B 4:00p Power Yoga	Amy D	C 8:15a Cycle	Leigh Anne	B 8:30a Power Yoga	Amy D	C 8:15a Cycle 45	Mary Kat	A8:30a Cardio Meltdown	Brenda	T 6:30a TRX 101	Kay	B 9:35a Yoga	Lisa
		A 8:30a 20/20/20	Jodie	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	B 8:30a Power Yoga	Amy D	B 8:00a Stretch Yoga 90	Dee	9:35am Yoga w/Lisa I	
		A 9:35a Low Impact	Jodie	A 4:30p FIT CAMP	Travis	A 9:35a Sculpt Lite	Mary Kat			C 8:15a Cycle (60)	Amy		
		B 9:40a Yoga	Margree	B 4:30p Pilates	Jodie	A 4:30p BOX INTERVALS	Travis	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	MK/Dany		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Amy	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Brenda			A 5:35p Turbo Kick	Zel	A 4:30p SCULPT	Brenda	B 9:40a Yoga	Lisa		
		A 5:35p ZUMBA For the Sunshine Center	Mary Kat					B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy		
C 5:45p Power Cycle	Amy B					B 5:35p Pilates	Paula						
						A 5:35p FIT CAMP	Travis						

24		25		26 NEW PILATES 4:30p		27		28	
C 3:00p Cycle	Phillip	C 5:30a 30 TK/ 30	Zel	A 5:30a P90X	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie
A 4:00p 30 TK/30 Weights	Zel	B 8:00a Stretch Yoga 90	Dee	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga 90	Paula	T 5:30a METRO MILERS	Ste/Katie
B 4:00p Yoga	Dee	C 8:15a Cycle	Leigh Anne	B 8:30a Power Yoga	Amy D	C 8:15a Cycle	Mary Kat	A8:30a Cardio Meltdown	Brenda
		A 8:30a 20/20/20	Mary Kat	A 9:35a Bar Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	B 8:30a Power Yoga	Amy D
		A 9:35a Low Impact	Jodie	A 4:30p FIT CAMP	Ashley J	A 9:35a Sculpt Lite	Delisa	A 9:30a Active Aging	Jodie
		B 9:40a Yoga	Margree	B 4:30p Pilates	Jodie	A 4:30p BOXING	Travis	B 9:30a Bar-lates	Carroll
		A 10:45a Active Aging	Sharon	A 5:35p Tabata	Brenda	C 5:30p Cycle	Joshua	A 4:30p SCULPT	Brenda
		A 4:30p Circuit Training	Brenda			A 5:35p Turbo Kick	Zel	B 4:30p Yoga	Paula
		A 5:35p Turbo Kick/Mix	Mary Kat					B 5:35p Pilates	Paula
C 5:45p Power	Amy B					A 5:35p FIT CAMP	Ashley J		

