FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NEW 8:30a Yoga A 5:30a Bar & Burn — Jackie T 5:30a METRO MILERS — **Ste/Kat** A8:30a Cardio Meltdown — Brenda B 8:30a Yoga — Twila A 9:30a **Active Aging** — Delisa B 9:35a **BAR-lates** — Carroll A 4:30p **Step and Sculpt** — **Brenda** B 4:30p Yoga — Debbie **A 5:35p INSANITY** — Phillip	**2** T 5:00a **TRX 45** — **Allison** **5:30a Training Camp** — Brenda B 8:00a Stretch Yoga — Dee **C 8:15a Cycle** — Julia **A 8:30 Friday's MIX** — Leigh A A 9:35a Low Impact — Brenda B 9:40a Dynamic Flow — Juliet A 5:30p Jungle Body — Angel	**3** T 9:00a S O S — Jan **C 8:30a Cycle** — Julia A 9:00a Turbo Kick — Zel **B 9:35a Yoga** — Willemijn Burn Off Those Wkd Calories! 8:30a Cycle!
4 **C 3:00p BIKE BOX LIFT** — **Trav/Juli** A 4:00p P90X — Brenda B 4:00p Yoga — Willemijn Burn Off Those Wkd Calories! 4pm P90X!	**5 NEW 4:30p Circuit Training** A 530a 30 TK/30 Weights — Zel B 8:00a Stretch Yoga — Dee C 8:15a Cycle(60) — Leigh Anne A 8:30a **20/20/20** — Mary Kat A 9:35a Low Impact — Hayden B 9:40a Dynamic Flow — Juliet A 10:45a **Active Aging** — **Sharon** A 4:30p Circuit Training — Julia **A 5:35pSTRONG** — Ashley C 5:45p Power Cycle — Julia	**6** **A 5:30a 20/20/20** — Mary Kat **A 8:30a Turbo Kick** — Mary Kat **B 6:00a Yoga** — Laura **B 8:45a Power Yoga** — Twila A 9:35a Bar and Burn — Jackie A 4:30p Functional Training — Julia A 5:35p **Tabata Step** — Brenda B 5:30p **Pilates** — **Jennifer**	**7 FIRE 5:15a** A 5:15a FIRE — Jamie/Desir B 8:00a Yoga/Meditation — Dee C 8:15a Cycle(45) — Julia A 8:30a Muscle Mix — Leigh Anne A 9:35a Sculpt Lite — Delisa **A 4:30p BIKE BOX LIFT** — Julia/Travis C 5:30p Cycle — Ron **A 5:35p ZUMBA** — Mary Kat	**8 NEW 8:30a Yoga** A 5:30a Bar & Burn — Jackie T 5:30a INTERVAL RUN — Ste/Katie A8:30a Cardio Meltdown — Brenda B 8:30a Yoga — Twila A 9:30a **Active Aging** — Delisa B 9:35a **BAR-lates** — Carroll A 4:30p **Step and Sculpt** — Brenda **B 4:30p Yoga** — Debbie **A 5:35p Circuit Training** — Travis	**9** T 5:00a **TRX 45** — Allison **A 5:30a Training Camp** — Brenda B 8:00a Stretch Yoga — Dee C 8:15a Cycle (60 — Julia **A 8:30a ZUMBA** — Mary Kat A 9:35a Low Impact — Brenda B 9:40a Dynamic Flow — Juliet **A 5:30a Nutrition Q&A** — Julia	**10** T 7:00a METRO MILERS — **Ste/Kat** C 8:30a SPINBATA — Richard A 9:00a Tabata Step — Brenda **B 9:35a Yoga** — Paula START Your Weekend With One SUPER WORKOUT!
11 **C 3:00p Cycle** — Phillip A 4:00p **FIRE** — Des/Jami B 4:00p Yoga — Laura Burn Off Those Wkd Calories! 4:00pm FIRE!	**12 NEW 4:30p Circuit Training** C 530a **30TK/30 Weights** — Zel B 8:00a Stretch Yoga — Dee C 8:15a Cycle(60) — Leigh Anne A 8:30a **20/20/20** — Mary Kat A 9:35a Low Impact — Delisa B 9:40a Dynamic Flow A 10:45a **Active Aging** — Sharon A 4:30p Circuit Training — Julia **A 5:35p STRONG** — Ashley C 5:45p **Power Cycle** — Julia	**13** A 5:15a P90X — Allison **B 6:00a Yoga** — **Laura** A8:30a Turbo Kick — Mary Kat **B 8:45a Power Yoga** — Twila A 9:35a Bar and Burn — Jackie A 4:30p Functional Training — Julia (this class is limited to 8 ppl) A 5:35p **Tabata Step** — Brenda B 5:30p Core and More — Lila	**14 Metro LOVES You!** A 5:15a FIRE — Jamie/Des B 8:00a Yoga/Meditation — Dee C 8:15a Cycle(45) — Julia **A 8:30a Muscle LOVE!** — Leigh Anne A 9:35a Sculpt Lite — Jodie **A 4:30p BIKE BOX LIFT** — **Julia/Trav** **A 5:35p Cupid's Super Circuit!** — Mary Kat / Brenda / Julia **25 Cycle/25 Tabata/25TK**	**15 NEW 8:30a Yoga** A 5:30a Bar and Burn — Jackie T 5:30a METRO MILERS — **Ste/Katie** A8:30a **Cardio Meltdown** — Brenda B 8:30a Yoga — Twila A 9:30a **Active Aging** — **Mel** B 9:35a **BAR-lates** — Carroll A 4:30p **Step and Sculpt** — Brenda B 4:30p Yoga — Debbie A 5:35p **INSANITY** — Phillip	**16** T 5:00a **TRX 45** — Allison **A 5:30a Training Camp** — Brenda B 8:00a Stretch Yoga — Dee C 8:15a Cycle (60) — Julia **A 8:30a Friday's MIX** — Leigh A A 9:35a Low Impact — Brenda B 9:40a Dynamic Flow — Juliet **A5:30a Jungle Body** — Angel	**17** T 9:00aS O S — Jan C 8:30a **Cycle** — Julia **A 9:00a Power Step** — Richard B 9:35a Yoga — Laura 9:35am Yoga w/ Laura I
18 **C 3:00p Cycle** — Julia **A 4:00p 20/20/20** — Mary Kat B 4:00 Yoga — Debbie End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!	**19 NEW 4:30p Circuit Training** C 5:30a **30 TK/ 30 Weights** — Zel B 8:00a Stretch Yoga — Dee **C 8:15a Cycle** — Leigh Anne A 8:30a **20/20/20** — Mary Kat A 9:35a Low Impact — Jodie B 9:40a Dynamic Flow — Juliet A 10:45a **Active Aging** — Sharon A 4:30p Circuit Training — Julia A 5:35p Turbo Kick — Mary Kat C 5:45p Power Cycle — Julia	**20** A 5:30a 20/20/20 — Mary Kat **B 6:00a Yoga** — Laura **A 8:30a Turbo Kick** — Mary Kat **B 8:45a Power Yoga** — Twila **A 9:35a Bar and Burn** — Jackie A 4:30p Functional Training — **Julia** B 5:30p **Pilates** — Jennifer A 5:35p **Tabata Step** — Brenda	**21 FIRE 5:15a** A 5:15a FIRE — Jamie/Des B 8:00a Yoga/Meditation — Dee C 8:15a Cycle — Julia A 8:30a Muscle Mix — Leigh Anne A 9:35a Sculpt Lite — Mary Kat **C 4:30p BIKE BOX LIFT** — Travis/Jul A 5:35p**ZUMBA** — Mary Kat C 5:30p Cycle — Ron	**22 NEW 8:30a Yoga** A 5:30a Bar and Burn — Jackie T 5:30a INTERVAL RUN — Ste/Katie A8:30a **Cardio Meltdown** — Brenda B 8:30a Yoga — Twila A 9:30a **Active Aging** — Mel B 9:35a **BAR-lates** — Carroll A 4:30p **Step and Sculpt** — Brenda B 4:30p Yoga — Debbie A 5:35p Circuit Training — Travis	**23** T 5:00a **TRX 45** — Allison **A 5:30a Training Camp** — Brenda B 8:00a Stretch Yoga — Dee C 8:15a Cycle (60) — Julia **A 8:30a ZUMBA** — Mary Kat A 9:35a Low Impact — Brenda B 9:40a Dynamic Flow — **Juliet**	**24** C 8:30a **Cycle** — Phillip **A 9:00a Turbo Kick** — Richard B 9:35a Yoga — Dee Burn Off Those Wkd Calories! 8:30a Cycle!
25 **C 3:00p Cycle** — Zel A 4:00p **FIRE** — Des/Jam B 4:00 Yoga — Dee END Your Weekend WORKOUT!	**26 NEW 4:30p Circuit Training** C 5:30a — Zel B 8:00a Stretch — Dee **C 8:15a Cycle** — Leigh Anne A 8:30a **20/20/20** — Mary Kat A 9:35a Low Impact — Jodie B 9:40a Dynamic — Juliet A 10:45a **Active** — Sharon A 4:30p Circuit — Julia A 5:35p Turbo — Mary Kat	**27** A 5:15a P90X — Allison **B 6:00a Yoga** — Laura **A 8:30a Turbo Kick** — **Mary Kat** **B 8:45a Power** — Twila **A 9:35a Bar and** — Jackie A 4:30p Func train — Julia B 5:30p **Core** — Lila A 5:35p **Tabata Step** — Brenda	**28 FIRE 5:15a** A 5:15a FIRE — **Jamie/Des** B 8:00a Yoga/Meditation — **Dee** C 8:15a Cycle — **Julia** A 8:30a Muscle Mix — **Leigh Ann** A 9:35a Sculpt Lite — **Jodie** **C 4:30p BIKE BOX LIFT** — Travis/Jul C 5:30p Cycle — **Ron** **A 5:35p20/20/20** — **Mary Kat**			

	C 5:45p Power	Julia											