

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
C 3:00p Cycle	Phillip	C 530a 30TK/ 30 Weights	Zel	A 5:30a SCULPT	Brenda	A 5:15a FIT CAMP	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle45	Zel
A 4:00p Func Training	Emily	B 8:00a Stretch Yoga 90	Dee	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga 90	Margree	T 5:30a METRO MILERS	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a FIT CAMP	Katie
B 4:00p Yoga	Willemijn	C 8:15a Cycle	Leigh A	B 8:30a Dynamic Flow	Rebecca	C 8:15a Cycle(45)	Mary Kat	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee		Stephanie
<p><b>4pm Yoga w/Willemijn</b></p>		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	Rheagan	C 8:15a Cycle	Amy	B 9:35a Yoga	Margree
		A 9:35a Low Impact	Jodie	A 1:05p Tai Chi	Peggy	A 9:35a Sculpt Lite	Mary Kat	A 9:35a BAR-Lates	Jodie	A 8:30a OFF THE HOOK	LA/Travis		
		B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Erin	A 4:30p BOX INTERVALS	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Strength Circuit	Brenda	A 5:35p 990X	Brenda	C 5:30p Cycle	Emily	B 4:30p Pilates	No class	B 9:40a Yoga	Rebecca		
		A 5:35p Turbo Kick	Zel			A 5:35p Turbo Kick	Zel	B 5:35p Yoga	No class	A 10:30a Tai Chi	Peggy		
		C 5:45p Power Cycle	Amy B					A 5:35p ZUMBATA	Erin				
						ZUMBA and Fit drills		A5:15p Jungle Body	Angel				

**This Saturday Has You Covered!!!**

<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14 9am SWAP TRAINING!</b>	
C 3:00p Cycle	Emily	C 530a 30TK/ 30 Weights	Zel	A 5:30a SCULPT	Brenda	A 5:15a FIT CAMP	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Phillip
A 4:00p Func Training	Mary Kat	B 8:00a Stretch Yoga 90	Dee	A 8:30a Circuit Training	Brenda	B 8:00a Yoga 90	Margree	T 5:30a INTERVAL RUN	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a SWAP TRAINING	Brenda/Erin
B 4:00p Yoga	Dee	C 8:15a Cycle	Leigh Anne	B 8:30a Dynamic Flow	Rebecca	C 8:15a Cycle(45)	Emily	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	T 9:00a SOS	Jan
<p><i>End Your Weekend With a WORKOUT!!!!!!</i> <i>3 great classes</i> <i>4 awesome instructors!!</i></p>		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	Rheagan	C 8:15a Cycle	Amy	B 9:35a Yoga	Margree
		A 9:35a Low Impact	Jodie	A 1:05p Tai Chi	Peggy	A 9:35a Sculpt Lite	Delisa	A 9:35a BAR-Lates	Jodie	A 8:15a Functional Training	Leigh A		
		B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Erin	A 4:30p BOX INTERVALS	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Strength Circuit	Brenda	A 5:35p 20/20/20	Brenda	C 5:30p Cycle	Phillip	B 4:30p Pilates	Paula	B 9:40a Yoga	Rebecca		
		A 5:35p Turbo Kick	Mary Kat			A 5:35p Turbo Kick	Zel	B 5:35p Yoga	Paula	A 10:30a Tai Chi	Peggy		
		C 5:45p Power Cycle	Amy B					A 5:35p ZUMBATA	Erin				
						ZUMBA and Fit drills							

**9:35am Yoga w/Margree!**

<b>15</b>		<b>16</b>		<b>17 WEAR GREEN TODAY!</b>		<b>18</b>		<b>19</b>		<b>20 8:15a Cycle with KEON!</b>		<b>21</b>	
C 3:00p Cycle	Zel	C 530a 30TK/ 30 Weights	Zel	A 5:30a SCULPT	Brenda	A 5:15a FIT CAMP	Ste/Katie	A 5:30a SCULPT	Brenda	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
A 4:00p Func Training	Phillip	B 8:00a Stretch Yoga 90	Dee	A8:30a Turbo Kick	Mary Kat	B 8:00a Yoga 90	Margree	T 5:30a METRO MILERS	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a KettleBells	Phillip
B 4:00p Yoga	Willemijn	C 8:15a HIIT Express	Leigh Anne	B 8:30a Dynamic Flow	Rebecca	C 8:15a Cycle(45)	Mary Kat	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	T 9:00a SOS	Jan
<p><b>This Sunday Has You Covered!!!</b></p>		A 8:30a 20/20/20	Mary Kat	A 9:35a BaR&Re	Delisa	A 8:30a Muscle MIX	Leigh Anne	B 8:30a Power Yoga	Margree	C 8:15a Cycle (60)	Keon	B 9:35a Yoga	Willemijn
		A 9:35a Low Impact	Jodie	A 1:05p Tai Chi	Peggy	A 9:35a Sculpt Lite	Brenda	A 9:35a BAR-Lates	Jodie	A 8:30a ZUMBA	Erin		
		B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Erin	A 4:30p BOX INTERVALS	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Low Impact	Erin		
		A 4:30p Strength Circuit	Brenda	A 5:35p Cardio Step	Brenda	C 5:30p Cycle	Phillip	B 4:30p Pilates	No class	B 9:40a Yoga	Rebecca		
		A 5:35p Cardio Meltdown	Brenda			A 5:35p Turbo Kick	Zel	B 5:35p Yoga	Kimberly	A 10:30a Tai Chi	Peggy		
		C 5:45p Power Cycle	Phillip	**NEW BaR&Re- Barre Roll & Release				A 5:35p ZUMBATA	Erin	A5:15p Jungle Body	Angel		
						ZUMBA and Fit Drills							

**Start Your Weekend With ONE of WORKOUTS!**

<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
C 3:00p Cycle	Zel	C 5:30a 30 TK/ 30	Zel	A 5:30a Bar and Burn	Jackie	A 5:15a FIT CAMP	Ste/Katie	A 5:30a SCULPT	Brenda	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
A 4:00p Func Training	Phillip	B 8:00a Stretch Yoga 90	Dee	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga 90	Margree	T 5:30a INTERVAL RUN	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a P90X	Brenda
B 4:00p Yoga	Dee	C 8:15a Cycle	Leigh Anne	B 8:30a Dynamic Flow	Rebecca	C 8:15a Cycle 45	Mary Kat	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	T 9:00a SOS	Jan
<p><b>Burn Off Those Wkd Calories! 3pm Cycle!</b></p>		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	Rheagan	C 8:15a Cycle (60)	Amy	B 9:35a Yoga	Paula
		A 9:35a Low Impact	Jodie	A 1:05p Tai Chi	Peggy	A 9:35a Sculpt Lite	Delisa	A 9:35a BAR-Lates	Jodie	A 8:15a Func Training	Leigh A		
		B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Erin	A 4:30p BOX INTERVALS	Travis	A 4:30p Cardio BLAST	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Strength Circuit	Erin	A 5:35p Tabata Step	Mary Kat	C 5:30p Cycle	Emily	B 4:30p Pilates	Paula	B 9:40a Yoga	Lisa		
		A 5:35p Turbo Kick	Zel			A 5:35p Turbo Kick	Zel	B 5:35p Yoga	Paula	A 10:30a Tai Chi	Peggy		
		C 5:45p Power Cycle	Amy					A 5:35p ZUMBATA	Erin				
						ZUMBA and Fit Drills							

**9:35am Yoga w/ Paula!**

<b>29</b>		<b>30</b>		<b>31</b>									
C 3:00p Cycle	Amy	C 5:30a 30 TK/ 30	Zel	A 5:30a SCULPT	Brenda								
A 4:00p Func Training	Brenda	B 8:00a Stretch Yoga 90	Dee	A 8:30a Turbo Kick	Mary Kat								
B 4:00p Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	B 8:30a Dynamic	Rebecca								
<p><b>End Your Weekend With ONE of these WORKOUTS!</b></p>		A 8:30a 20/20/20	Mary Kat	A 9:35a Bar and	Jackie								
		A 9:35a Low Impact	Jodie	A 1:05p Tai Chi	Peggy								
		B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Erin								
		A 4:30p Strength Circuit	Brenda	A 5:35p Tabata/	Brenda								
		A 5:35p Turbo Kick/Mix	Mary Kat	P90X									
C 5:45p Power Cycle	Amy												

**MARCH**

