



# Group Fitness Schedule

Check the back for class descriptions!

Feb-12

Feb. 6-March 3, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM Step Kristi	5:15 AM Power Cut (45 min.) Rhonda	5:30 AM Cycle Rachel	5:15 AM Power Cut (45 min.) Rhonda		
		5:30 AM Yoga (45 min.) Kristi			8:15 AM Step Jennifer W.
8:30 AM Step (30 min.) Lisa		8:30 AM Step (45 min.) Lisa		8:30 AM Kickboxing (30 min.) Diane	8:30 AM Cycle Laura
9:00 AM Power Cut Plus Jody	9:00 AM (45 min.)  Cardio/Strength Circuit Lisa	9:15 AM Power Cut Cyndi J.		9:00 AM Power Cut Lisa	9:45 AM Express Cycle (30 min.) Jody
	9:00 AM Cycle Laura		9:00 AM Cycle Jody		9:30 AM Power Cut Laura
	10:00 AM Yoga Lisa		10:00 AM Yoga Lisa		10:30 AM Yoga Charlie
4:30 PM Power Cut Cyndi J.		4:30 PM Power Cut Jess	4:30 PM Step (45 min.) Michelle G.		
	5:00 PM Beginner Zumba Tabitha		5:30 PM Beginner Zumba Tabitha		 = New Class
5:30 PM (30 min.) Cardio Mix Jody	5:30 PM Cycle Jody	5:30 PM Yoga Charlie	5:30 PM Cycle Patty		
	5:45 PM Beginner Pilates Charlie				
6:30 PM Power Cut Rhonda	6:15 PM Yoga Charlie	6:30 PM Cardio/Strength Circuit Rhonda/Patty	6:30 PM Power Cut Patty		
		<i>* Classes can be cancelled at any time due to low attendance.</i>			



New Year!  
New You!!!