

























February Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am	 Jill	 Jill		 Michelle	 Leon			
7:30am		Cycle Dan		Cycle Dan				
8:30am	 Leon	Upper Strength Dan	Cycle 8:15 w/ Dan	Core Strength Dan	 Jill	8.30am	 Jill	
9:00am		Lower Strength Dan		Lower Strength Dan		9:30am	 Lindsey	TRX Express Hathaway
9:30am	 Rae	Core Strength Dan	 Jill	Upper Strength Dan	 Rae	9.45am	ZUMBA Ally	
10.00am		Cardio Power Dan		Cardio Power Dan		10:00am		 Express Leon
10.45am	ZUMBA express Jackie		TRX Will		 Amanda			
12:00	 Express "A" w/ Jackie		 Rae	Zumba in the Circuit Jackie				
12:30	 Express "B" w/ Jackie			TRX Express Jackie				
1:15			 Express Lawrence					
5.30	 Lindsey	 Jackie	Cycle Dan	 Jill				
6.00	ZUMBA Jackie		TRX Rotating	 5:30 Lawrence				
7:00	 Rae	 6:45 Lindsey	 Linzy	ZUMBA 6:45 Jackie				