

February Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am	Jill	Jill		Michelle	Leon			
7:30am		<i>Cycle</i> Dan		<i>Cycle</i> Dan				
8:30am	<i>Cycle</i> Elizabeth	<i>Upper Strength</i> Dan	<i>Cycle</i> 8:15 w/ Dan	<i>Core Strength</i> Dan	Jill	8.30am	Jill	
9:00am		<i>Lower Strength</i> Dan		<i>Lower Strength</i> Dan		9:30am	Lindsey	<i>TRX Express</i> Hathaway
9.30am	Rae	<i>Core Strength</i> Dan	Jill	<i>Upper Strength</i> Dan	Rae	9.45am	<i>ZUMBA</i> Ally	
10.00am		<i>Cardio Power</i> Dan		<i>Cardio Power</i> Dan		10:00am		Express Leon
10.45am	<i>ZUMBA express</i> Jackie		<i>TRX</i> Will		Amanda			
12:00	Express "A" w/ Jackie		Rae	<i>Zumba in the Circuit</i> Jackie				
12:30	Express "B" w/ Jackie			<i>TRX Express</i> Jackie				
1:15			Express Lawrence					
5.30	Lindsey	Jackie	<i>Cycle</i> Dan	Jill				
6.00	<i>ZUMBA</i> Jackie		<i>TRX</i> Rotating	5:30 Lawrence				
7:00	Rae	6:45 Leon	Linzy	<i>ZUMBA</i> 6:45 Jackie				