



## Group Fitness Classes - February

**\*New Instructor\***

**\*Cancelled Class\***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <b>8:15a-9:15</b> Step Interval - Bobby	<b>2</b> <b>8:30a-9:30</b> BodyPump - Lisa <b>9:45a-10:45</b> Yoga - Hannah	<b>3</b> <b>8:30a-9:30</b> BodyPump - Bobby <b>10a-11</b> Yoga - Katelin
				<b>6:30p-7:30</b> Dance Fitness - Dwight		
<b>4</b> No Classes	<b>5</b> <b>8:30a-9:30</b> BodyPump - Rachael <b>9:45a-10:45</b> Yoga - Cancelled	<b>6</b> <b>8:00a-8:30</b> Grit Strength - Bobby <b>8:30a-9</b> Stretch&Mobility-Bobby	<b>7</b> <b>8:30a-9:30</b> Zumba - Bobby	<b>8</b> <b>8:15a-9:15</b> Step Interval - Elbert	<b>9</b> <b>8:30a-9:30</b> BodyPump - Rachael <b>9:45a-10:45</b> Yoga - Hannah	<b>10</b> <b>8:30a-9:30</b> Cycling - Rachael <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> Cycling - Heather <b>6:30p-7:30</b> Zumba - Chanel	<b>5:30p-6:30</b> BodyPump - Heather <b>6:30p-7:30</b> BodyCombat - Ashley		<b>6:30p-7:30</b> Dance Fitness - Dwight		
<b>11</b> No Classes	<b>12</b> <b>8:30a-9:30</b> BodyPump - Rachael <b>9:45a-10:45</b> Yoga - Hannah	<b>13</b> <b>8:00a-8:30</b> Grit Strength - Bobby <b>8:30a-9</b> Stretch&Mobility-Bobby	<b>14</b> <b>8:30a-9:30</b> Zumba - Bobby	<b>15</b> <b>8:15a-9:15</b> Step Interval - Bobby	<b>16</b> <b>8:30a-9:30</b> BodyPump - Lisa <b>9:45a-10:45</b> Yoga - Hannah	<b>17</b> <b>8:30a-9:30</b> BodyPump - Bobby <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> Cycling - Heather <b>6:30p-7:30</b> Zumba - Chanel	<b>5:30p-6:30</b> BodyPump - Heather <b>6:30p-7:30</b> BodyCombat - Ashley		<b>6:30p-7:30</b> Dance Fitness - TBA		



# Fit for Life 24

## Group Fitness Classes - February

\*New Instructor\*

\*Cancelled Class\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>18</b> <i>No Classes</i>	<b>19</b> <b>8:30a-9:30</b> BodyPump – Rachael <b>9:45a-10:45</b> Yoga - Hannah	<b>20</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9</b> Stretch&Mobility-Bobby	<b>21</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>22</b> <b>8:15a-9:15</b> Step Interval – Elbert	<b>23</b> <b>8:30a-9:30</b> BodyPump - Rachael <b>9:45a-10:45</b> Yoga - Cancelled	<b>24</b> <b>8:30a-9:30</b> BodyPump - Bobby <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> Cycling – Heather <b>6:30p-7:30</b> Zumba – Chanel	<b>5:30p-6:30</b> BodyPump – Heather <b>6:30p-7:30</b> BodyCombat - Ashley		<b>6:30p-7:30</b> Dance Fitness - Dwight		
<b>25</b> <i>No Classes</i>	<b>26</b> <b>8:30a-9:30</b> BodyPump – Rachael <b>9:45a-10:45</b> Yoga - Hannah	<b>27</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9</b> Stretch&Mobility-Bobby	<b>28</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>29</b> <b>8:15a-9:15</b> Step Interval – Bobby		
	<b>5:30p-6:30</b> Cycling – Heather <b>6:30p-7:30</b> Zumba – Chanel	<b>5:30p-6:30</b> BodyPump – Heather <b>6:30p-7:30</b> BodyCombat - Ashley		<b>6:30p-7:30</b> Dance Fitness - Dwight		