

# February 2020

UPDATED! On 2/8. FRIDAY mid-morning classes cancelled due to low attendance.  
Please attend BootCamp on Friday mornings instead! See separate Bootcamp schedule.

## FEBRUARY GROUP FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>UPDATED 2/8:</b> <b>FRIDAY MID-MORNING CLASSES CANCELLED DUE TO ATTENDANCE</b></p>	<p>27</p> <p>HIIT legs/Cardio 6-6:30am Trisha</p> <p>BODYPUMP: 5:40 PM Brigitte</p> <p>BODYCOMBAT: 6:45PM Jen/Joel</p>	<p>28</p> <p>BODYPUMP 5:40am Kathy</p> <p>CYCLE H.I.I.T 9:20AM Melissa</p> <p>SENIORFIT - ZUMBA GOLD (today only) 11:15AM Ivania</p> <p>ZUMBA 6pm Anabel</p> <p>YOGA 7:05pm Erin</p>	<p>29</p> <p>CYCLE 5:40AM Chris</p> <p>SENIORFIT 11:15AM</p> <p>BODYATTACK 6:00PM Brigitte subbing</p> <p>BODYPUMP 6:45 Tracey</p>	<p>30</p> <p>BODYPUMP 5:40AM Tameka</p> <p>BODYPUMP 9:30AM Trisha</p> <p>SENIORFIT 11:00 AM Tameka</p> <p>ZUMBA 6:00 PM Anabel</p> <p>YOGA 7:05 PM (last one)</p>	<p>31</p> <p>CYCLE 6:00AM Tameka</p> <p>STRONG by ZUMBA starts again in February!</p> <p>YOGA 10:10 AM Erin</p> <p>BODYPUMP 5:30 PM Christi</p>	<p>1</p> <p>LEGS/CORE 8:00-8:50AM Trisha</p> <p>BODYPUMP: 9:00AM Denisse</p> <p>BODYATTACK: 10:05 Joel</p>
<p>IF not stated otherwise, classes are 55 min-1 hr.</p>	<p>3</p> <p>HIIT legs/Cardio 6-6:30am Trisha</p> <p>BODYPUMP: 5:40 PM Brigitte</p> <p>BODYCOMBAT: 6:45PM Jen</p>	<p>4</p> <p>BODYPUMP 5:40am Kathy</p> <p>CYCLE H.I.I.T 9:20AM Melissa</p> <p>SENIOR FIT 11:45AM Ivania</p> <p>ZUMBA 6pm Anabel</p> <p>YOGA 7:05pm Erin</p>	<p>5</p> <p>CYCLE 5:40AM Tameka</p> <p>SENIORFIT 9:30AM Annette</p> <p>BODYATTACK 6:00PM Denisse</p> <p>BODYPUMP 6:45PM Tracey</p>	<p>6</p> <p>BODYPUMP 5:40AM Tameka</p> <p>BODYPUMP 9:30AM Trisha</p> <p>SENIORFIT 11:00 AM Lisa (sub for February)</p> <p>ZUMBA 6:30PM</p> <p>CANCELLED - YOGA 7:05p</p>	<p>7</p> <p>CYCLE/Strength/Core 6:00AM Tameka/Trisha</p> <p>STRONG by ZUMBA 9:20-10:05am Ivania CANCELLED</p> <p>YOGA 10:10 AM Erin CANCELLED</p> <p>BODYPUMP 5:30 PM Christi</p>	<p>8</p> <p>LEGS/CORE 8:00-8:50AM Tameka</p> <p>BODYPUMP: 9:00AM Denisse</p> <p>BODYATTACK: 10:05 Joel</p>
<p>9</p> <p>Yellow-time or format change. Download Slack app and email Trishaffl24@gmail.com who will reply with your invite to "join." It's for: -announcements, polls, last minute subs, winter weather cancellations</p>	<p>10</p> <p>HIIT legs/Cardio 6-6:30am Trisha</p> <p>BODYPUMP: 5:40 PM Brigitte</p> <p>BODYCOMBAT: 6:45PM Jen</p>	<p>11</p> <p>BODYPUMP 5:40am Kathy</p> <p>CYCLE H.I.I.T 9:20AM Melissa</p> <p>SENIOR FIT 11:45AM Ivania</p> <p>ZUMBA 6pm Anabel</p> <p>YOGA 7:05pm Erin</p>	<p>12</p> <p>CYCLE 5:40AM Tameka</p> <p>SENIORFIT 9:30AM Annette</p> <p>BODYATTACK 6:00PM Denisse</p> <p>BODYPUMP 6:45PM Tracey</p>	<p>13</p> <p>BODYPUMP 5:40AM Tameka</p> <p>BODYPUMP 9:30AM Trisha</p> <p>SENIORFIT 11:00 AM Lisa (sub for February)</p> <p>ZUMBA 6:30PM Anabel</p>	<p>14</p> <p>CYCLE/Strength/Core 6:00AM Tameka/Trisha</p> <p>BODYPUMP 5:30 PM Tameka</p>	<p>15</p> <p>LEGS/CORE 8:00-8:50AM Trisha</p> <p>BODYPUMP: 9:00AM Denisse</p> <p>BODYATTACK: 10:05 Joel</p>

<p><b>NEW TO CLASSES?</b> Start out with BODYPUMP, a strength class. Do the first 4 tracks of class to learn proper form and weight selection, then next time add in 2 more tracks (through biceps track...) work up to a full class!</p>	<p style="text-align: right;">17</p> <p>HIIT legs/Cardio 6-6:30am Trisha</p> <p>BODYPUMP: 5:40 PM Brigitte</p> <p>BODYCOMBAT: 6:45PM Jen</p>	<p style="text-align: right;">18</p> <p>BODYPUMP 5:40am Kathy</p> <p>CYCLE H.I.I.T 9:20AM Melissa</p> <p>SENIOR FIT 11:45AM Ivania</p> <p>ZUMBA 6pm Anabel</p> <p>YOGA 7:05pm Erin</p>	<p style="text-align: right;">19</p> <p>CYCLE 5:40AM Tameka</p> <p>SENIORFIT 9:30AM Annette</p> <p>BODYATTACK 6:00PM Denisse</p> <p>BODYPUMP 6:45PM Tracey</p>	<p style="text-align: right;">20</p> <p>BODYPUMP 5:40AM Tameka</p> <p>BODYPUMP 9:30AM Trisha</p> <p>SENIORFIT 11:00 AM Lisa (sub for February)</p> <p>ZUMBA 6:30PM Anabel</p>	<p style="text-align: right;">21</p> <p>CYCLE/Strength/Core 6:00AM Tameka/Trisha</p> <p>BODYPUMP 5:30 PM Christi</p>	<p style="text-align: right;">22</p> <p>LEGS/CORE 8:00-8:50AM Trisha</p> <p>BODYPUMP: 9:00AM Denisse</p> <p>BODYATTACK: 10:05 Joel</p>
<p><b>BOOTCAMP class</b> schedule moved to separate calendar because these are not part of class attendance challenge</p>	<p style="text-align: right;">24</p> <p>HIIT legs/Cardio 6-6:30am Trisha</p> <p>BODYPUMP: 5:40 PM Brigitte</p> <p>BODYCOMBAT: 6:45PM Jen</p>	<p style="text-align: right;">25</p> <p>BODYPUMP 5:40am Kathy</p> <p>CYCLE H.I.I.T 9:20AM Melissa</p> <p>SENIOR FIT 11:45AM Ivania</p> <p>ZUMBA 6pm Anabel</p> <p>YOGA 7:05pm Erin</p>	<p style="text-align: right;">26</p> <p>CYCLE 5:40AM Tameka</p> <p>SENIORFIT 9:30AM Annette</p> <p>BODYATTACK 6:00PM Denisse</p> <p>BODYPUMP 6:45PM Tracey</p>	<p style="text-align: right;">27</p> <p>BODYPUMP 5:40AM Tameka</p> <p>BODYPUMP 9:30AM Trisha</p> <p>SENIORFIT 11:00 AM Lisa (sub for February)</p> <p>ZUMBA PARTY! STRONG by ZUMBA 6:00P ZUMBA 6:30-7:30 Anabel/Ivania OPEN TO COMMUNITY! Food! Prizes!</p>	<p style="text-align: right;">28</p> <p>CYCLE/Strength/Core 6:00AM Tameka/Trisha</p> <p>BODYPUMP 5:30 PM Christi</p>	<p style="text-align: right;">29</p> <p>LEGS/CORE 8:00-8:50AM Trisha</p> <p>BODYPUMP: 9:00AM Denisse</p> <p>BODYATTACK: 10:05 Joel</p>