



## GROUP FITNESS SCHEDULE FEBRUARY 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	27	28	29	30	31	1	
<b>8:30AM</b>	HIGHLIGHTED CLASSES ARE CANCELLED FOR THOSE TIME SLOTS DUE TO INSTRUCTOR AVAILABILITY. WE APOLOGIZE FOR ANY INCONVENIENCE! SATURDAYS ARE ON A ROTATING SCHEDULE, PLEASE NOTE THE 9:30 & 10:30AM TIME SLOTS.					BODYPUMP	Christy
<b>9:30AM</b>						STRONG	Jessica
<b>10:30AM</b>						ZUMBA	Chanel
	3	4	5	6	7	8	
<b>8:30AM</b>		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Lisa	
<b>9:00AM</b>	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael		
<b>9:30AM</b>	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	BODYCOMBAT Lisa	
<b>10:30AM</b>	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE Morgan	CYCLING Lizzie	
<b>4:30PM</b>		DANCE FUSION Morgan		YOGALATES Kelsie			
<b>5:30PM</b>	BODYJAM Morgan CYCLING Allison	BODYPUMP Jessica	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS +STRONG 30 Jessica		
<b>6:30PM</b>	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel			
<b>7:00PM</b>		YOGA 30 Kelsie					
<b>7:30PM</b>	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie			
	10	11	12	13	14	15	
<b>8:30AM</b>		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Christy	
<b>9:00AM</b>	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael		
<b>9:30AM</b>	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	STRONG Kelsie	
<b>10:30AM</b>	STRETCH & MEDITATE NO CLASS	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE NO CLASS	ZUMBA Chanel	
<b>4:30PM</b>		DANCE FUSION NO CLASS		YOGALATES Kelsie			
<b>5:30PM</b>	BODYJAM NO CLASS CYCLING Lizzie	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS + STRONG 30 Jessica		
<b>6:30PM</b>	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel			
<b>7:00PM</b>		YOGA 30 Kelsie					
<b>7:30PM</b>	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie			

	17	18	19	20	21	22
<b>8:30AM</b>		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Christy
<b>9:00AM</b>	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael	
<b>9:30AM</b>	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	STRONG Jessica
<b>10:30AM</b>	STRETCH & MEDITATE NO CLASS	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE NO CLASS	CYCLING Allison
<b>4:30PM</b>		DANCE FUSION NO CLASS		YOGALATES Kelsie		
<b>5:30PM</b>	BODYJAM NO CLASS CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS + STRONG 30 Jessica	
<b>6:30PM</b>	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel		
<b>7:00PM</b>		YOGA 30 Kelsie				
<b>7:30PM</b>	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		
	24	25	26	27	28	29
<b>8:30AM</b>		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Lisa
<b>9:00AM</b>	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael	
<b>9:30AM</b>	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	BODYCOMBAT Lisa
<b>10:30AM</b>	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE Morgan	BODYJAM Morgan & Chanel
<b>4:30PM</b>		DANCE FUSION Morgan		STRETCH&MEDITATE Morgan		
<b>5:30PM</b>	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS + STRONG 30 Jessica	
<b>6:30PM</b>	BODYCOMBAT Ashley	YOGA NO CLASS	BODYPUMP Jessica	ZUMBA Chanel		
<b>7:30PM</b>	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		