

FEBRUARY FITNESS CLASS SCHEDULE

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Pilates Mat <i>Luna</i>	C L U B C L O S E D U N T I L 2 P M			T'ai Chi / Qigong <i>Jeff</i>		
7:15				Heart Zone Cycle <i>Kim</i>	Cycling <i>Lauren</i>		
8:20	Body Sculpting <i>Barbara</i>		Super Circuit <i>Barbara</i>	Dynamic Ball Training <i>Barbara</i>	Body Sculpting <i>Enita</i>		T'ai Chi / Qigong <i>Jeff</i>
9:00			Body Sculpting <i>Pam</i>			Cycling <i>Bruce</i>	
9:35	ZUMBA <i>Danny</i>		Cardio Mix <i>Pam</i>	Step/ Sculpt Express (50 min. class) <i>Barbara</i>	Cardio Mix <i>Pam</i>	ZUMBA <i>Kate</i>	Cardio Dance <i>Sarah</i>
	Cycling <i>Lauren</i>		Cycling <i>Bruce</i>		Cycling <i>Lauren</i>		Cycling <i>Enita</i>
10:15						Cycling <i>Bruce</i>	
10:30							Aqua Power <i>Lauren</i>
10:45	Tone & Stretch <i>Danny</i>		Tone & Core <i>Barbara</i>	Tone & Stretch <i>Barbara</i>	Tone & Stretch <i>Pam</i>		
11:00						Mat Class <i>Kristine</i>	Yoga "Active Practice" <i>Tracey</i>
12:00	Aqua Power <i>Barbara</i>		Aqua Power <i>Barbara</i>	Aqua Power <i>Barbara</i>	Aqua Power <i>Luna</i>		
12:15	Express Cycle @ Lunch (45 min. class) <i>Dora</i>		Express Cycle @ Lunch (45 min. class) <i>Dora</i>	Express Cycle @ Lunch (45 min. class) <i>Dora</i>	Express Cycle @ Lunch (45 min. class) <i>Dora</i>	Yoga <i>Susan</i>	
12:30	Yoga "Classical Asana" <i>Tracey</i>	Yoga "Poses, Posture, Props" <i>Susan</i>	Gentle Yoga <i>Luna</i>	Yoga for Health <i>Luna J.</i>			
1:45	Conditioning for Life <i>Kari</i>			Conditioning for Life <i>Kari</i>			
4:45		Mixed Levels Yoga <i>Luna</i>		Pilates-Based Mat <i>Staff</i>			
5:00	Cycling <i>Jeff</i>		Cycling <i>Kim</i>		Cycling "Race Day" <i>Jeff</i>		
			Kettlebells Fundamentals/ Conditioning (50 min. class) <i>Hugh</i>				
6:00	Winter Performance Conditioning <i>Barbara</i>	Pilates Mat <i>Kristine</i>		Boot Camp <i>Joseph</i>	ZUMBA® <i>Zamantha</i>		
		Cycling <i>Jan</i>		Cycling <i>Bruce</i>			
6:15	Cycling <i>Jeff</i>		ZUMBA® Toning Class <i>Kim</i>				
			Cycling <i>Hugh</i>				

Snow Delay Schedule:
In the event of a snow delay, the 7:00 am, 7:15 and 8:20 am fitness classes will be canceled if schools are closed or on a 2-hour delay due to snow.

The 9:00 and 9:35 am classes will continue as scheduled.

Please call regarding cancellation of evening or weekend classes due to snow.

Instructors & Specialty Classes are Subject to Change

FEBRUARY EQUIPMENT ORIENTATIONS—This is an opportunity to meet a trainer and learn the equipment.



Wednesday, Feb. 8th
@ 10:00 am - Joseph

Sunday, Feb. 12th
@ 11:15 am - Enita

Thursday, Feb. 23rd
@ 6:00 pm - Kari



Tuesday, Feb. 7th
@ 6:00 pm - Barbara

Friday, Feb. 24th
@ 9:00 AM - Pam



KRANKcycle®

Monday, Feb. 20th
@ 5:30 pm - Kelly

Advance Sign Up: Please sign up at the front desk for attending an orientation. You must sign up no later than the day prior by 5:00 pm.