



# FEBRUARY



# GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Jessica) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>2</b> 9:00 Cross Training (Taylor) 10:30 Fit for Life (Jessica) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>3</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
<b>6</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy) 5:25 Beginning Yoga (Lisa) 6:35 Cardio Blast (Jessica)	<b>7</b> 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>8</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>9</b> 9:00 Body Pump (Carol) 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia) (GYM)	<b>10</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
<b>13</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy) 5:25 Beginning Yoga (Lisa) 6:35 Cardio Blast (Jessica)	<b>14</b> 10:30 Fit For Life (Jessica) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>15</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>16</b> 9:00 Body Pump (Carol) 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>17</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
<b>20</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy) 5:25 Beginning Yoga (Lisa) 6:35 Cardio Blast (Jessica)	<b>21</b> 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>22</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>23</b> 9:00 Body Pump (Carol) 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>24</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy)
<b>27</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 12:15 Blast Fit (Jeremy) 5:25 Beginning Yoga (Lisa) 6:35 Cardio Blast (Jessica)	<b>28</b> 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>29</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 12:15 Blast Fit (Jeremy) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)		