

FEBRUARY 2012

GROUP FITNESS

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am Kick It- Haley 10:00am Muscle Max- Beverly 11:10am Yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Kick It- Doris	2 5:30am TBS-Kahne 9:00am TBS-Doris 10:00am Jazz Mix-Suzanne 12:10pm Muscle Max-Calleen 4:30pm Energy Up- Doris 5:30pm TBS- Beverly	3 9:00am Low Max- Doris 10:00am Tap- Suzanne 11:10am Beginners Yoga- Emmy 12:10pm Beginners Pilates- Emmy	4 9:00am Cardio Fusion- Doris 10:00am Zumba®- Beverly 11:10 Yoga- Emmy
5	6 9:00am Cardio Circuit- Doris 10:00am Muscle Max- Lentha 11:10am Yoga- Emmy 4:30pm Pump-n-Crunch- Doris 5:30pm Cardio Fusion-Doris 6:30pm Pilates- Emmy	7 5:30am Muscle Max- Kahne 9:00am Pump-n-Crunch - Haley 10:00am Tap- Suzanne 12:10pm Body Blast- Calleen 4:30pm Kick It- Doris 5:30pm Zumba®- Beverly	8 9:00am Kick It- Doris 10:00am Muscle Max- Haley 11:10am Yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Kick It- Katie	9 5:30am TBS- Beverly 9:00am TBS-Kahne 10:00am Jazz Mix-Suzanne 12:10pm Muscle Max-Calleen 4:30pm Energy Up – Haley 5:30pm TBS- Doris	10 9:00am Low Max - Doris 10:00am Tap- Suzanne 11:10am Beginners Yoga- Emmy 12:10pm Beginners Pilates- Emmy	11 9:00am Cardio Fusion- Doris 10:00am Zumba®- Amber 11:10 Yoga- Emmy
12	13 9:00am Cardio Circuit- Doris 10:00am Muscle Max- Haley 11:10am Yoga- Emmy 4:30pm Pump-n-Crunch- Beverly 5:30pm Cardio Fusion-Doris 6:30pm Pilates- Emmy	14 5:30am Muscle Max- Kahne 9:00am Pump-n-Crunch- Beverly 10:00am Tap- Suzanne 12:10pm Body Blast- Calleen 4:30pm Kick It- Doris 5:30pm Zumba®- Amber	15 9:00am Kick It- Doris 10:00am Muscle Max- Beverly 11:10am Yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Kick It- Katie	16 5:30am TBS - Kahne 9:00am TBS-Doris 10:00am Jazz Mix-Suzanne 12:10pm Muscle Max-Calleen 4:30pm Energy Up- Doris 5:30pm TBS- Haley	17 9:00am Low Max - Doris 10:00am Tap- Suzanne 11:10am Beginners Yoga- Emmy 12:10pm Beginners Pilates- Emmy	18 9:00am Cardio Fusion- Doris 10:00am Zumba®- Katie 11:10am Yoga- Emmy
19	20 9:00am Cardio Circuit- Doris 10:00am Muscle Max- Lentha 11:10am Yoga- Emmy 4:30pm Pump-n-Crunch- Doris 5:30pm Cardio Fusion- Doris 6:30pm Pilates- Emmy	21 5:30am Muscle Max- Kahne 9:00am Pump-n-Crunch-Doris 10:00am Tap- Suzanne 12:10pm Body Blast- Calleen 4:30pm Kick It- Doris 5:30pm Zumba®- Katie	22 9:00am Kick It- Doris 10:00am Muscle Max- Haley 11:10am Yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Kick It- Haley	23 5:30am TBS - Katie 9:00am TBS-Doris 10:00am Jazz Mix-Suzanne 12:10pm Muscle Max-Calleen 4:30pm Energy Up- Doris 5:30pm TBS- Kahne	24 9:00am Low Max- Kahne 10:00am Tap- Suzanne 11:10am Beginners Yoga- Emmy 12:10pm Beginners Pilates- Emmy	25 9:00am Cardio Fusion- Haley 10:00am Zumba®- Beverly 11:10am Yoga- Emmy
26	27 9:00am Cardio Circuit-Doris 10:00am Muscle Max- Lentha 11:10am Yoga- Emmy 4:30pm Pump-n-Crunch- Beverly 5:30pm Cardio Fusion-Doris 6:30pm Pilates- Emmy	28 5:30am Muscle Max- Kahne 9:00am Pump-n-Crunch-Doris 10:00am Tap- Suzanne 12:10pm Body Blast- Calleen 4:30pm Kick It- Doris 5:30pm Zumba®- Beverly	29 9:00am Kick It- Haley 10:00am Muscle Max- Beverly 11:10am Yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Kick It- Doris	9:00am Mondays & Wednesdays- Chair Aerobics in the Education Room		Instructors Are Subject To Change!

