

GROUP FITNESS/YOGA February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 Pilates TS 12:00 BODYPUMP JK	2 8:25 YoFITga TA 9:35 BODYPUMP JK 10:45 ZUMBA Rob
3 1:30 ZUMBA Rob 3:00 YoFITga TA	4) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KL 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	5 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	6 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BODY BLAST JM	7 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga MM 6:15 BODYPUMP Angel <u>*7:30 ZUMBA Sarah*</u>	8 5:15 BODYPUMP SL 9:10 Cardio BLAST Janine 10:00 <u>Stretch, Foam Roll & Recovery</u> with JK 12:00 BODYPUMP JK	9 8:25 YoFITga MM 9:35 BODYPUMP JK 10:45 ZUMBA Sarah
10 1:30 ZUMBA Rob 3:00 YoFITga TA	11) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KP 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	12 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	13 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BODY BLAST JM	14 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP JK <u>*7:30 ZUMBA Sarah*</u>	15 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 Pilates TS 12:00 BODYPUMP JK	16 8:25 YoFITga TA 9:35 BODYPUMP JK 10:45 ZUMBA Rob
17 1:30 ZUMBA Laurie 3:00 YoFITga TA	18) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE MM 11:00 Pilates TS 12:00 BODYPUMP TS <u>4:30 *NO Class today*</u> 5:30 SC BARRE TA 6:35 YoFITga TA	19 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KL 5:15 YoFITga TA 6:15 BODYPUMP TS	20 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BODY BLAST JM	21 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga MM 6:15 BODYPUMP Angel <u>*7:30 ZUMBA Sarah*</u>	22 5:15 BODYPUMP SL 9:10 Cardio BLAST Janine 10:00 <u>Stretch, Foam Roll & Recovery</u> with JK 12:00 BODYPUMP JK	23 8:25 YoFITga MM 9:35 BODYPUMP Angel 10:45 ZUMBA Rob
24 1:30 ZUMBA TONING Rob 3:00 YoFITga MM	25) 5:15 BODYPUMP Angel 9:10 Cardio BLAST Janine 10:00 SC BARRE KL 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	26 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	27 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE KP 6:35 BODY BLAST JM	28 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP JK <u>*7:30 ZUMBA Sarah*</u>	TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst	TS Tamsey Smith Angel Angel Stoy JK J King RC Rob Cox LF Laurie Flora SA Sarah Avett JB Janine Bithell AB Aimee Burke