

# Group Fitness February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SP Susan Pless				1 8:30 Yoga MM 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
2 1:30 Zumba Laurie	3 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE KP 6:15 HIIT JM	4 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	5 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS <u>*NO 5:15 Class today*</u> 6:15 HIIT JM	6 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP KF 7:30 ZUMBA Rob	7 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	8 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sandra
9 1:30 Zumba Rob	10 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE KP 6:15 HIIT JM	11 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	12 5:15 BODYPUMP SL 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	13 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	14 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	15 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Laurie
16 1:30 Zumba Sarah	17 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE KP 6:15 HIIT JM	18 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	19 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS <u>*NO 10:15 Class today*</u> 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	20 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA <u>*NO 11:00 Class today*</u> 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	21 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	22 8:30 Yoga MM 9:45 BODYPUMP Angel 11:00 ZUMBA Sandra
23 1:30 Zumba Rob	24 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex KW 12:00 BODYPUMP Angel 5:15 BARRE KP 6:15 HIIT JM	25 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	26 5:15 BODYPUMP SL 7:00 BODYPUMP Angel <u>*NO 9:00 Class today*</u> 9:15 HIIT KW 10:15 Gentle Yoga KM <u>*NO 12:00 Class today*</u> 5:15 BARRE CD 6:15 HIIT JM	27 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	28 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	