



* Come and try Equatics with Edie on Thursdays at 1pm this month and learn the Essentials of Aqua Fit!

AQUA FIT

FEBRUARY 2026

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 9:00 Jennifer 10:00 Cindy	3 9:30 Extreme TABATA with Jennifer	4 9:00 Cindy 10:00 Edie	5 9:30 Extreme Boot Camp w/Jennifer *1pm Equatics with Edie	6 9:00 Lallie 10:00 Janet	7
8	9 9:00 Jennifer 10:00 Cindy	10 9:30 Extreme TABATA with Jennifer	11 9:00 Lallie 10:00 Janet	12 9:30 Extreme Boot Camp w/Jennifer *1pm Equatics with Edie	13 9:00 Janet 10:00 Gayle	14 <i>Happy Valentine's Day</i>
15	16 9:00 Jennifer 10:00 Edie	17 9:30 Extreme TABATA with Jennifer	18 9:00 Cindy 10:00 Janet	19 9:30 Extreme Boot Camp w/Janet *1pm Equatics with Edie	20 9:00 Gayle 10:00 Cindy	21
22	23 9:00 Jennifer 10:00 Janet	24 9:30 Extreme TABATA with Jennifer	25 9:00 Cindy 10:00 Jennifer	26 9:30 Extreme Boot Camp with Gayle	27 9:00 Lallie 10:00 Janet	28