



# February Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Morgan <b>LES MILLS BODYPUMP</b>	Leah <b>SHRED</b>		Robbie <b>SHRED</b>	Morgan <b>LES MILLS BODYPUMP</b>		
6:00	Kim <b>LES MILLS BODYPUMP</b>		Kim <b>LES MILLS BODYPUMP</b>			7:30 <b>SHRED</b>	1:30 Mechelle <b>Stop Express</b>
8:00	Donna <i>Yoga</i>		Donna <i>Yoga</i>	Pam <b>Stop Express</b>	Donna <i>Yoga</i>	8:15 Cardio Rotation	2:00 Jennifer <b>Deep Water Running</b>
8:15		Nancy W. 				8:15 <b>SPIN</b>	2:30 <b>LES MILLS BODYPUMP</b>
8:45	Kelly <b>LES MILLS BODYATTACK</b>	Cammie <b>Shred Express</b>	Kelly <b>LES MILLS BODYATTACK</b>	Kelly <b>Shred Express</b>	Stefanie <b>LES MILLS BODYCOMBAT</b>	9:15 <b>LES MILLS BODYPUMP</b>	3:30 Jennifer <i>Yoga</i>
9:15		Cammie <b>LES MILLS CXWORX</b>		Kelly <b>LES MILLS CXWORX</b>		9:30 Aqua Fit	
9:45	Cammie <b>LES MILLS BODYPUMP</b>	Judy <i>Beginner Pilates Stretch</i>	Stephanie <b>LES MILLS BODYPUMP</b>	Judy <i>Beginner Pilates Stretch</i>	Cammie <b>LES MILLS BODYPUMP</b>	11:15 Senior Cardio Dance	
11:00	Rebecca Sr. Cardio Fit	Tee <b>Senior MOVE!</b>	Jennifer <i>Yoga</i>	Gretchen Sr. Cardio Fit	Rebecca Sr. Cardio Fit		
12:00	Nancy D. Shred Low	Gretchen <i>Yoga</i>	Nancy D. Shred Low	Gretchen <i>Yoga</i>			
4:00	Teresa <b>LES MILLS BODYPUMP Express</b>		Teresa <b>LES MILLS BODYPUMP Express</b>	Jennifer <i>Yoga</i>			
4:45	Jennifer <i>Yoga</i>	Ali <b>LES MILLS BODYATTACK</b>	Tasha 	Saana <b>LES MILLS BODYCOMBAT</b>			
5:30	Erin <b>SHRED</b>	Heather <b>LES MILLS BODYPUMP Express</b>	Leah <b>SHRED</b>	Kim <b>LES MILLS BODYPUMP</b>			
6:30	Kim <b>LES MILLS BODYPUMP</b>	Stefanie <b>LES MILLS BODYCOMBAT</b>		Hannah <i>Pilates</i>			