

FEBRUARY GROUP EXERCISE SCHEDULE



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
9:30am Zumba -Penny <i>*Kelly Subbing</i> 2/16 10:30am Power Pump -Jamie <i>*No Pump on 2/23</i> 5:30pm Zumba -Kayla 5:30pm <i>*Feb 16th only*</i> 20/20/20 -Robin	9:30am Zumba -Kelly 5:30pm Muscle Madness -Barb	9:30am Zumba-Penny <i>*Kelly Subbing</i> 2/11 5:30pm WTS & YOGA -Robin 5:30pm <i>*Feb 25th only*</i> Cardio & Wts -Melody 6:30pm Line Dancing with Brianna *2/11 * \$5 member & Non member	9:30am Power Pump -Jamie <i>*No pump w/Jamie on 2/26</i> 10:30am Zumba -Kelly <i>*9:30am on 2/26</i> 5:30pm 20/20/20 -Barb	9:30am WERQ -Hanah *2/6 & 2/27 9:30am Zumba -Kayla *2/13 9:30am Zumba -Penny *2/20	9:30am Weights & Cardio -Kelly *2/7 only 9:30am FITFORCE -Scott *Except 2/7 10:30m Line Dancing with Brianna *2/28* \$5 member & Non member	

Notes:

Please check all class details for any subs or date/time changes!
 And be sure to follow our Facebook page for cancelations.

*"Short month, big gains
 – February is your power sprint."*