

# FEBRUARY GROUP EXERCISE SCHEDULE



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

## 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."*