

FEBRUARY GROUP FITNESS & CYCLING

Monday	Tuesday	Wednesday	Thursday	Saturday
0	0	1	2 10 AM SILVER SNEAKERS MSROM-HEATHER	4 9:00 AM CYCLING 10:00 AM ZUMBA Y
		6:30 PM Zumba- YUKI 7:30 Dave Interval Abs	6:00 PM CYCLING JESSIE	
6 6:15 PM Cycling- <i>Sharri</i> 6:00 PM ZUMBA JEANNINE 7:00 PM ZUMBA STEPHANIE	7 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM Cycling- <i>Corrie</i> 7:00 PM Below the Belt- <i>Corrie</i>	8 6:30 PM Zumba- YUKI	9 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM CYCLING JESSIE	11 10:00 AM ZUMB
13 6:00 PM Cycling- <i>Sharri</i> 6:00 PM ZUMBA JEANNINE 7:00 PM ZUMBA STEPHANIE	14 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM Cycling- <i>Corrie</i> 7:00 PM 4-3-2 Fit- <i>Corrie</i>	15 6:30 PM Zumba- YUKI 7:30 Dave Interval Abs	16 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM CYCLING JESSIE	18 9:00 AM CYCLING 10:00 AM ZUMBA Y
20 6:00 PM Cycling- <i>Sharri</i> 6:00 PM Zumba- <i>Jeannine</i> 7:00 PM ZUMBA STEPHANIE	21 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM Cycling- <i>Corrie</i> 7:00 PM Balls & Bands- <i>Corrie</i>	22 6:30 PM Zumba- YUKI	23 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM CYCLING JESSIE	25 10:00 AM ZUMB
27 6:00 PM Cycling- <i>Sharri</i> 6:00 PM ZUMBA JEANNINE 7:00 PM ZUMBA STEPHANIE	28 10:00 AM Silver Sneakers® MSROM- <i>Heather</i> 6:00 PM Cycling- <i>Corrie</i> 7:00 PM LMU- <i>Corrie</i>	29 6:30 PM Zumba- YUKI 7:30 Dave Interval Abs	0	0