




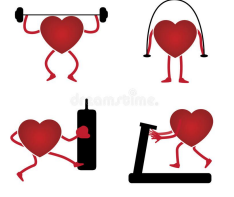




GROUP FITNESS

SPORTS OF ALL SORTS



FEBRUARY ~ 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | |  | | 1 10:00-10:30 (Lisa) BETTER BALANCE 10:40 - 11:40 (Lisa) Cardio Dance | 2 9:30-10:25am (Toni) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic | 3 <i>Good Morning,</i> THE GYM IS WAITING FOR YOU.  |
| | 4 | 5 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30 - 7:30 (Jeannine) STRONG - By: Zumba! | 6 9:30-10:20am (Toni) SENIOR'S YOGA 4 - 4:45 (ANGI) YOUTH FIT BOOT CAMP | 7 9:30-10:25am (STACEY) Senior Stength PLUS + 10:45-11:40am (Angi) SilverSneakers Classic 6:30-7:25pm (STACEY) H I I T CARDIO | 8 10:00-10:30 (Lisa) BETTER BALANCE 10:40 - 11:40 (Lisa) Cardio Dance | 9 9:30-10:25am (Toni) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic |
| 11 | 12 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 (Jeannine) STRONG - By: Zumba! | 13 9:30-10:20am (Toni) SENIOR'S YOGA 4 - 4:45 (LISA) YOUTH FIT BOOT CAMP | 14 9:30-10:25am (STACEY) Senior Stength PLUS + 10:45-11:40am (Angi) SilverSneakers Classic 6:30-7:30 (TONI) YOGA! Bring a friend! | 15 10:00-10:30 (Lisa) BETTER BALANCE 10:40 - 11:40 (Lisa) Cardio Dance | 16 9:30-10:25am (Toni) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic |  |
|  | 19 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 (Stacey) H I I T : CARDIO | 20 9:30-10:20am (Toni) SENIOR'S YOGA 4 - 4:45 (LISA) YOUTH FIT BOOT CAMP 6:30-7:15 (STACEY) TABATA + CORE & More! | 21 9:30-10:25am (STACEY) Senior Stength PLUS + 10:45-11:40am (Angi) SilverSneakers Classic 5:30 - 6:30 (HEATHER) STRONG - By: Zumba! | 22 10:00-10:30 (Lisa) BETTER BALANCE 10:40 - 11:40 (Lisa) Cardio Dance | 23 9:30-10:25am (Toni) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic | 24 |
| 25 | 26 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30 - 7:30 (Stacey) H I I T : CARDIO | 27 9:30-10:20am (Toni) SENIOR'S YOGA 4 - 4:45 (PEDRO) YOUTH FIT BOOT CAMP 6:30-7:15 (STACEY) TABATA + CORE & More! | 28 9:30-10:25am (STACEY) Senior Stength PLUS + 10:45-11:40am (Angi) SilverSneakers Classic 5:30 - 6:30 (HEATHER) STRONG - By: Zumba! |  | | |