



GROUP FITNESS

SPORTS OF ALL SORTS



FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February			1	2	3	4
			9:30 - 10:15 CIRCUIT	9:30-10:15 CARDIO DRUMMING AMY	TAI CHI WITH AMY 8:45-9:15AM 9:30 - 10:15 Senior-FIT	ROSES ARE RED, VIOLETS ARE BLUE, GO TO THE GYM.
			10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	TONI	
			AMY		10:30-11:15 Silver Sneaker's Classic	
					TONI	
5	6	7	8	9	10	11
PLEASE NOTE 8-Feb	9:30 - 10:15 Senior-FIT	9:30-10:15 CARDIO DRUMMING AMY	9:30 - 10:15 TABATA CIRCUIT	9:30-10:15 CARDIO-DANCE AMY	Senior-FIT AMY	Happy Heart Day
TABATA! 20 SEC WORK	AMY	10:30-11:15 SILVER SNEAKERS YOGA	10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic	
10 SEC REST X8	10:30-11:15 Silver Sneaker's Classic	TONI	AMY		TONI	
45 MIN	TONI					
TRY IT OUT!						
12	13	14	15	16	17	18
	9:30 - 10:15 Senior-FIT	VALENTINE'S DAY! WEAR RED/PINK	9:30 - 10:15 CIRCUIT	9:30-10:15 CARDIO DRUMMING AMY	9:30 - 10:15 Senior-FIT	
	AMY	9:30-10:15 CARDIO-DANCE	10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	TONI	
	10:30-11:15 Silver Sneaker's Classic	AMY	10:30-11:15 SILVER SNEAKERS YOGA	TONI	10:30-11:15 Silver Sneaker's Classic	
	TONI	10:30-11:15 SILVER SNEAKERS YOGA	AMY		TONI	
		TONI				
19	20	21	22	23	24	25
PLEASE NOTE: TONI TEACHING ALL CLASSES THIS WEEK! CARDIO CIRCUIT FEB 21, 22, & 23	9:30 - 10:15 Senior-FIT	9:30-10:15 CARDIO CIRCUIT TONI	9:30 - 10:15 CARDIO CIRCUIT	9:30-10:15 CARDIO CIRCUIT TONI	9:30 - 10:15 Senior-FIT	
	TONI	10:30-11:15 SILVER SNEAKERS YOGA	10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	TONI	
	10:30-11:15 Silver Sneaker's Classic	TONI	TONI		10:30-11:15 Silver Sneaker's Classic	
	TONI		TONI		TONI	
26	27	28	love yourself enough to live a healthy lifestyle.			
	9:30 - 10:15 Senior-FIT	9:30-10:15 CARDIO-DANCE AMY				
	AMY	10:30-11:15 SILVER SNEAKERS YOGA				
	10:30-11:15 Silver Sneaker's Classic	TONI				
	TONI					