




FEBRUARY ~ 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 <p>#FabulousFebruary Be ready to become fit and fabulous!</p>		1 8:30-9:20 (Amy) Senior Strength PLUS + 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	2	
3	4 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Stacey) Senior-FIT 10:30-11:20 (Lisa) Silver Sneaker's Classic	5 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00-10:50 (Lisa) DANCE-FIT 11:00-11:50(Amy) BARRE 6:15 -7:00pm (Ashlie) BOOT CAMP	6 8:30-9:20 (Amy) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	7 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Amy) BARRE 11:00-11:50 (Lisa) DANCE-FIT 6:15 -7:00pm (Ashlie) STRENGTH CIRCUIT	8 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Stacey) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	9
10	11 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Stacey) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	12 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00-10:50 (Lisa) DANCE-FIT 11:00-11:50(Amy) BARRE 6:15-7:00pm (Ashlie) BOOT CAMP	13 8:30-9:20 (Amy) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	14 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Amy) BARRE 11:00-11:50 (Lisa) DANCE-FIT 6:15-7:00pm (Ashlie) CARDIO-STRENGTH	15 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Stacey) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	16 
17	18 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Stacey) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	19 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00-10:50 (Lisa) DANCE-FIT 11:00-11:50 (Amy) BARRE 6:15-7:00pm (Ashlie) BOOT CAMP	20 8:30-9:20 (Amy) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (ANGI) Silver Sneaker's Classic	21 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Amy) BARRE 11:00-11:50 (Lisa) DANCE-FIT 6:15-7:00pm (Ashlie) BOOT CAMP	22 8:30-9:20 (Amy) Senior Strength PLUS + 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	23
24	25 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Stacey) Senior-FIT 10:30-11:20 (Toni) Silver Sneaker's Classic	26 9:00-10:00 (Toni) Silver Sneaker's Yoga 10:00-10:50 (Lisa) DANCE-FIT 11:00-11:50 (Amy) BARRE 6:15-7:00pm (Ashlie) CARDIO-STRENGTH	27 8:30-9:20 (Amy) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (ANGI) Silver Sneaker's Classic	28 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Amy) BARRE 11:00-11:50 (Lisa) DANCE-FIT 6:15-7:00pm (Ashlie) BOOT CAMP	 <p>FABULOUS February FITNESS Challenge</p>	