

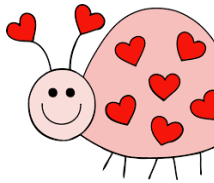


GROUP FITNESS

SPORTS OF ALL SORTS



FEBRUARY 2022

FEBRUARY 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9:30-10:15	9:30 - 10:15	9:30-10:15	9:30 - 10:15	
		CARDIO DRUMMING	CIRCUIT	CARDIO-DANCE	Senior-FIT	
		AMY	10:30 - 11:15	AMY	AMY	
		10:30-11:15	Silver Sneaker's Classic	10:30-11:15	10:30-11:15	
SILVER SNEAKERS YOGA	Classic	SILVER SNEAKERS YOGA	Silver Sneaker's Classic			
TONI	AMY	TONI	TONI			
6	7	8	9	10	11	12
	9:30 - 10:15	9:30-10:15	9:30 - 10:15	9:30-10:15	9:30 - 10:15	
	Senior-FIT	CARDIO-DANCE	CIRCUIT	CARDIO DRUMMING	Senior-FIT	
	AMY	AMY	10:30 - 11:15	AMY	AMY	
	10:30-11:15	10:30-11:15	Silver Sneaker's Classic	10:30-11:15	10:30-11:15	
	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	Classic	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	
TONI	TONI	AMY	TONI	TONI		
13	14	15	16	17	18	19
	WEAR RED OR PINK!					
	9:30 - 10:15	9:30-10:15	9:30 - 10:15	9:30-10:15	9:30 - 10:15	
	Senior-FIT	CARDIO DRUMMING	CIRCUIT	CARDIO-DANCE	Senior-FIT	
	AMY	AMY	10:30 - 11:15	AMY	AMY	
	10:30-11:15	10:30-11:15	Silver Sneaker's Classic	10:30-11:15	10:30-11:15	
Silver Sneaker's Classic	SILVER SNEAKERS YOGA	Classic	SILVER SNEAKERS YOGA	Silver Sneaker's Classic		
TONI	TONI	AMY	TONI	TONI		
HAPPY VALENTINES DAY!						
20	21	22	23	24	25	26
	9:30 - 10:15	9:30-10:15	9:30 - 10:15	9:30-10:15	9:30 - 10:15	
	Senior-FIT	CARDIO-DANCE	CIRCUIT	CARDIO DRUMMING	Senior-FIT	
	AMY	AMY	10:30 - 11:15	AMY	AMY	
	10:30-11:15	10:30-11:15	Silver Sneaker's Classic	10:30-11:15	10:30-11:15	
	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	Classic	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	
TONI	TONI	AMY	TONI	TONI		
27	28					
9:30 - 10:15						
Senior-FIT						
AMY						
10:30-11:15						
Silver Sneaker's Classic						
TONI						