

February 2012 Fitness Schedule

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:00						
6:00 – 7:00	Cycle & Abs + Kiffany		Boxing For Fit- ness - Kiffany		Cycle & Abs Candace	
8:00 – 8:55						Boxing For Fit- ness–Woody/Jake
9:00 – 9:45		Body Bar & Abs Amberleigh		Body Bar & Abs Candace	Yogalates Cristie	
9:00 – 10:00		Healthy Body Strong Bones Billie - Gym	Senior Circuit Gary in Weight Room	Healthy Body Strong Bones Billie - Gym	Senior Circuit Gary in Weight Room	Total Body Blitz Betsy/Gena
9:00 – 10:15	Cardio Inter- vals with Weights & Core Cristie		Triple THREAT Cardio, Core & Crazy Strength Cristie			
10:00 – 10:45		SilverSneakers MSROM Gary - Gym		SilverSneakers MSROM Gena - Gym		
10:00 – 11:00		Zumba Kindra		Zumba Erin		
PM 12:00 – 1:00	Yogalates + Cristie		Zumba Gena		Zumba Gena Tough Stuff - Kindra	
12:15 – 1:00		Cycle & Abs Kindra Cycle Room		Cycle & Abs Candace Cycle Room		
2:00 – 3:00	Senior Circuit Gary in Weight Room			Senior Circuit Gary in Weight Room		
4:30 – 5:25	Zumba Kindra	Body Bar + Betsy	Yogalates Betsy	Zumba Gena		
5:30 – 6:30	Cardio Kick Kindra (ends at 6:45)	Total Body Blitz Erin	Cycle & Abs Amberleigh Zumba Erin	Body Bar + Betsy	Zumba Amberleigh	