

















# February Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		<b>LES MILLS BODYPUMP</b> Natalie ⚡45 mins	Cycling Stephanie	<b>LES MILLS BODYPUMP</b> Natalie ⚡45 mins	Cycling Stephanie	
6:00am	Cycling Amy (4th, 18th) / Sarah (11th, 25th)	Cycling Mike		Cycling Mike		
	<b>LES MILLS GRIT</b> SERIES Natalie					8:00am
7:30am	 Jennifer	 Yoga Jennifer	 Jennifer	 Jennifer	 Jennifer	 Jennifer
8:30am	Cycling Laura	Cycling Leslie	Cycling Laura	Cycling Ben	Cycling Laura	8:30am Cycling 2nd: Amy 9th: Ben 16th: Mike 23rd: Laura
	Cardio Sculpt Shannon	<b>LES MILLS GRIT</b> SERIES Shannon	Boot Camp Shannon	<b>LES MILLS GRIT</b> ATHLETIC Shannon	20/20/20 Shannon	
9:05am				Shake it like Shannon Shannon		9:00am  ZUMBA® 2nd: Laura 9th: Jennifer 16th: Laura 23rd: Jennifer
9:30am	<b>LES MILLS GRIT</b> STRENGTH Virginia	<b>LES MILLS BODYPUMP</b> Jessi ⚡55 mins	 ZUMBA® Laura		<b>LES MILLS GRIT</b> ATHLETIC Virginia	
10:05am	<b>LES MILLS BODYFLOW</b> Natalie	Pilates Mat Kelly		<b>LES MILLS BODYPUMP</b> Natalie ⚡45 mins	<b>LES MILLS BODYFLOW</b> Natalie	9:00am Yoga 2nd: Gina 9th: Stephanie 16th: Gina 23rd: Gina
11:00am	 Jennifer	 Kelly	 Kathryn	 Yoga Jennifer	 Kelly	
Noon	<b>LES MILLS BODYPUMP</b> Jessi ⚡55 mins	<b>LES MILLS GRIT</b> CARDIO Dean	<b>LES MILLS BODYPUMP</b> Jessi ⚡55 mins	Cycling Amy	<b>LES MILLS GRIT</b> ATHLETIC Dean	10:00am <b>LES MILLS BODYPUMP</b> Valerie ⚡55 mins
5:30pm	 ZUMBA® Tanya	<b>LES MILLS BODYPUMP</b> Valerie ⚡55 mins	 ZUMBA® Tanya	<b>LES MILLS BODYPUMP</b> Jessi ⚡55 mins		What's NEW for February? ⚡ Class: SAT Body Pump (Valerie) ⚡ Time: TUE 10:05am Pilates Mat
		Yoga Gina				
6:00pm	Yoga Gina		Cycling Ben	Cycling Mike		Cycle Studio Mind-Body Studio