

FEBRUARY CLASS SCHEDULE

	MON	TUES	WED	THUR	FRI
5:00 AM	POWER <i>hour</i> Kim - 55 min	 BUTTS & GUTS Julie - 45 min	POWER <i>hour</i> Kim - 55 min	BARRE above™ Julie - 45 min	HIIT POWER Jacy - 45 min
6:00 AM	HIIT POWER Dena - 45 min	 CYCLE STRENGTH Mayson - 45 min	 LES MILLS BODYCOMBAT Dena - 45 min	 CYCLE Julie - 40 min	 LIFT Amy - 45 min
8:30 AM	STRENGTH & <i>motion</i> Carley - 45 min	Sculpt Addie - 45 min	 LES MILLS BODYPUMP HEAVY Carley - 60 min	 CYCLE CORE Ashlie - 45 min	BARRE above™ Julie - 45 min
10:00 AM	<i>ageless</i> WARRIORS for ages 50+ Alli - 45 min	SELF-LED STRENGTH Purple & White Circuit Machines	<i>ageless</i> WARRIORS for ages 50+ Sadie - 45 min	<i>Line Dancing</i> Jolene - 45 min	<i>ageless</i> WARRIORS for ages 50+ Julie - 45 min
4:30 PM	 LES MILLS BODYCOMBAT Dena - 45 min	BARRE above™ Carley - 45 min	Sculpt Addie - 45 min	TABATA  CYCLE/STRENGTH Lucy - 45 min	
5:30 PM	HOT  Yoga Brittany - 45 min LES MILLS BODYPUMP Lucy - 60 min	PiYO  LIVE! Julie - 45 min	 Yoga Brittany - 45 min  LES MILLS BODYSTEP Bobbi - 45 min	LES MILLS BODYPUMP Lucy - 60 min	Reserved for girls' Night Out! See front desk to schedule.
6:00 PM		 CYCLE EXPRESS Maggie - 30 min			

SATURDAY LINEUP - 8:30 AM:

- February 7 Cycle N' Core- Maggie
- February 14 Galentine's HIIT - Dena
- February 21 Power Hour - Kim
- February 28 PiYo - Julie

"ALL YOU NEED IS LOVE. BUT A LITTLE CHOCOLATE NOW AND THEN DOESN'T HURT"
-CHARLES C. SCHULZ