

Group Fitness Schedule
February 2024

..
(p)

Director |

4 SUN	5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT
<p>Boot Camp 2:00 PM Michael H.</p> <p>Refit® 4:00 PM Lora S.</p>	<p>Power C.S.I. 5:15 AM Jen S.</p> <p>Tabata 9:15 AM Lindsey S.</p> <p>Yoga 9:30 AM Jessie K.</p> <p>Core & More 10:10 AM Nancy P.</p> <p>Fit for Life- Cardio/Strength 11:00 AM Nancy P.</p> <p>Pilates 11:00 AM Jessie K.</p> <p>Yoga 12:00 PM Jessie K.</p> <p>Water Fit Combo 4:30 PM Lyn S.</p> <p>Water Fit Combo 5:30 PM Lyn S.</p> <p>Zumba/MixedFit 5:30 PM Rotation 1.</p> <p>Zumba® 5:30 PM Regina K. Melaney .</p> <p>Group Cycling 5:30 PM Kim F.</p>	<p>Cycling Fusion® 5:15 AM Betsy A.</p> <p>Treadmill 5:15 AM Jen S.</p> <p>Cycling Fusion® 9:15 AM Tallie G.</p> <p>Zumba® Gold 10:00 AM Rachel J.</p> <p>Water Fit Combo 11:00 AM Mary C.</p> <p>Fit For Life Strength 12:00 PM Vanessa R.</p> <p>Kickboxing 12:00 PM Raquel F.</p> <p>Boot Camp 5:30 PM Kendra M.</p> <p>Group Cycling 5:30 PM Gayle R.</p> <p>Yoga 5:30 PM Lauren H.</p> <p>Refit® 6:30 PM Lora S.</p>	<p>Strength Training 5:15 AM Johnathon H.</p> <p>Power C.S.I. 9:15 AM Mitch T.</p> <p>Yoga 9:30 AM Miwa S.</p> <p>Enhance Fitness 11:00 AM Lyndsay F.</p> <p>Strength Training 12:00 PM Mitch T.</p> <p>Group Cycling 12:00 PM Tallie G.</p> <p>MixedFit® 5:30 PM Becca O.</p> <p>Yoga 5:30 PM Andi C.</p>	<p>Boot Camp 5:15 AM Sarah K.</p> <p>Water Fit Combo 5:30 AM Jennifer O.</p> <p>Tabata 9:15 AM Tallie G.</p> <p>Zumba® 10:10 AM Thireena Y.</p> <p>Water Fit Combo 11:00 AM Trish H.</p> <p>Fit For Life Chair Stretch/Yoga 12:00 PM Jessie K.</p> <p>Water Fit Combo 4:30 PM Lyn S.</p> <p>Tabata 4:30 PM Nancy P.</p> <p>Water Fit Combo 5:30 PM Lyn S.</p> <p>Turn Up Dance Fitness 5:30 PM Aimee G.</p> <p>Yoga 5:30 PM Heather N.</p> <p>Instructor's Choice 6:30 PM Tallie G.</p>	<p>Boot Camp 5:15 AM Rotation 1.</p> <p>Yoga 5:15 AM Lauren H.</p> <p>Instructor's Choice 9:15 AM Mitch T.</p> <p>Water Fit Combo 11:00 AM Mary C.</p> <p>Enhance Fitness 11:00 AM Trish H.</p> <p>Strength Training 12:00 PM Trish H.</p> <p>Group Cycling 12:00 PM Tallie G.</p> <p>Yoga 12:00 PM Miwa S.</p> <p>Kickboxing 4:45 PM Patrick M.</p> <p>Aqua Zumba® 5:30 PM Rachel J.</p>	<p>Group Cycling 7:30 AM Sheila E.</p> <p>Boot Camp 9:05 AM Rotation 1.</p> <p>Yoga 9:15 AM Andi C.</p> <p>Zumba® 10:00 AM Greta G.</p>