

Group Fitness Schedule
February 2024

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Director |

18 SUN	19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT
Group Cycling 11:30 AM Megan N.	Yoga 5:30 AM Andi C.	Group Cycling 5:30 AM Shari R.	Group Cycling 5:30 AM Rotation 1.	Group Cycling 5:30 AM Tammy W.	Boot Camp 5:30 AM Tiffany K.	Group Cycling 7:30 AM Shari R.
Power Pump 12:30 PM Mary W.	Water Fit Combo 8:00 AM Marcia R.	Water Fit Combo 5:30 AM Holly D.	Power C.S.I. 5:45 AM Stephanie M.	Water Fit Combo 5:30 AM Melissa M.	Water Fit Combo 8:00 AM Patricia S.	Strength Training 8:15 AM Renee E.
Yoga 1:30 PM Manjit K.	Group Cycling 9:15 AM Noelle B.	Water Fit Combo 8:00 AM Marcia R.	Power C.S.I. 9:15 AM Tiffany K.	Yoga 5:30 AM Maryana G.	Power Pump 8:15 AM Mary W.	Yoga 8:45 AM Maryana G.
Zumba® 2:30 PM Rotation 1.	Tabata 9:15 AM Mary R.	Zumba® 9:00 AM Sydney H.	Yoga 9:15 AM Maggie A.	Water Fit Combo 8:00 AM Marcia R.	Yoga 9:30 AM Susy M.	Group Cycling 9:00 AM Mary W. Noelle .
	Multiple Sclerosis Class 10:30 AM Rotation 1.	Group Cycling 9:15 AM Noelle B.	Multiple Sclerosis Class 10:30 AM Rotation 1.	Group Cycling 9:15 AM Betsy A.	Power C.S.I. 11:00 AM Judy F.	Step 9:00 AM Renee E.
	Core & More 10:30 AM Noelle B.	Yoga 9:15 AM Maggie A.	Core & More 10:30 AM Noelle B.	Zumba® 9:15 AM Greta G.	Fit For Life Chair Stretch/Yoga 11:10 AM Maggie A.	Core & More 10:15 AM Noelle B.
	Delay The Disease 10:30 AM Noelle B.	Core & More 10:15 AM Noelle B.	Fit For Life Strength 11:10 AM Maggie A.	Core & More 10:15 AM Noelle B.	Fit For Life H2O 12:00 PM Rose T.	
	Fit For Life H2O 12:00 PM Mary C.	Tabata 12:00 PM Lyndsy S.	Fit For Life H2O 12:00 PM Rose T.	Delay The Disease 10:30 AM Mary R.	Boot Camp 12:00 PM Mary W.	
	Boot Camp 12:00 PM Thena K.	Pound® 5:30 PM Katie M.	Power C.S.I. 12:00 PM Karla H.	Tabata 12:00 PM Mary R.	Water Fit Combo 5:30 PM Lacey S.	
	Group Cycling 5:30 PM Mary R.	Grovey Effect 6:20 PM Danielle G.	Group Cycling 5:30 PM Kim F.	Group Cycling 5:30 PM Roger M.	Turn Up Dance Fitness 5:45 PM Aimee G.	
	Water Fit Combo 5:30 PM Lacey S.	Yoga 6:30 PM Emily S.	Water Fit Combo 5:30 PM Shelby B.	Boot Camp 5:30 PM Robert E.		
	MixedFit® 5:30 PM Sydney H.		Zumba® 5:30 PM Sydney H.	Yoga 6:00 PM Casey B.		
	Yoga 6:30 PM Amy S.			Zumba® 6:30 PM Kristin W.		