

**Group Fitness Schedule**  
February 2024

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(P)

Director |

4 SUN	5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT
<p><b>MixedFit®</b> 1:00 PM Chelsea W.</p> <p><b>Water Fit Combo</b> 3:30 PM Amanda M.</p>	<p><b>Power C.S.I.</b> 5:30 AM Tiffany B.</p> <p><b>Water Fit Combo</b> 5:30 AM Kat K.</p> <p><b>Water Fit Combo</b> 8:15 AM Michelle K.</p> <p><b>Step</b> 9:00 AM Renee B.</p> <p><b>Enhance Fitness</b> 10:30 AM Michelle K.</p> <p><b>Fit For Life H2O</b> 1:00 PM Mary S.</p> <p><b>Group Cycling</b> 5:30 PM Bev H.</p> <p><b>Pound®</b> 5:30 PM Katie M.</p> <p><b>Water Fit Combo</b> 5:30 PM Rolayne G.</p> <p><b>Strength Training</b> 6:30 PM Jolene M.</p>	<p><b>Group Cycling</b> 5:30 AM Chris B.</p> <p><b>Water Fit Combo</b> 8:15 AM Linda L.</p> <p><b>Latin Hip Hop</b> 9:00 AM Lyndsay F.</p> <p><b>Power C.S.I.</b> 9:00 AM Lyndsay F.</p> <p><b>Power C.S.I.</b> 12:00 PM Casey C.</p> <p><b>Fit For Life H2O</b> 1:00 PM Sheila B.</p> <p><b>Power C.S.I.</b> 5:30 PM Samantha B.</p> <p><b>Yoga</b> 6:30 PM Penny H.</p> <p><b>Boot Camp</b> 7:30 PM Treasure C.</p>	<p><b>Step</b> 5:30 AM Vann P.</p> <p><b>Water Fit Combo</b> 5:30 AM Wendy H.</p> <p><b>Water Fit Combo</b> 8:15 AM Becky C.</p> <p><b>Cardio Blast</b> 9:00 AM Renee B.</p> <p><b>Fit For Life Chair Stretch/Yoga</b> 10:15 AM Cynthia N.</p> <p><b>Enhance Fitness</b> 10:30 AM Cynthia N.</p> <p><b>Aqua Arthritis</b> 11:00 AM Michelle K.</p> <p><b>Fit For Life H2O</b> 1:00 PM Kathy T.</p> <p><b>Tabata</b> 4:35 PM Jenny M.</p> <p><b>Group Cycling</b> 5:30 PM Gary B.</p> <p><b>Yoga</b> 5:30 PM Heather N.</p> <p><b>Water Fit Combo</b> 5:30 PM Rolayne G.</p> <p><b>Line Dancing</b></p>	<p><b>Cycling Fusion®</b> 5:30 AM Jared M.</p> <p><b>Strength Training</b> 9:00 AM Lyndsay F.</p> <p><b>Power C.S.I.</b> 12:00 PM Sara D.</p> <p><b>Fit For Life H2O</b> 1:00 PM Sheila B.</p> <p><b>Pound®</b> 4:35 PM Katie M.</p> <p><b>Zumba®</b> 5:30 PM Brigitte S.</p> <p><b>Functional Strength Training</b> 6:30 PM Jasmin W.</p>	<p><b>Tabata</b> 5:30 AM Jenny M.</p> <p><b>Water Fit Combo</b> 5:30 AM Rachel R.</p> <p><b>Water Fit Combo</b> 8:15 AM Becky C.</p> <p><b>Fit For Life Chair Stretch/Yoga</b> 9:00 AM Tessa Y.</p> <p><b>Aqua Arthritis</b> 11:00 AM Michelle K.</p> <p><b>Yoga</b> 5:30 PM Jen E.</p>	<p><b>Yoga</b> 7:30 AM Kari M.</p> <p><b>Tabata</b> 9:00 AM Jen E.</p>

6:30 PM

Jared T.