

February Group X Schedule

Your Schedule at a glance!

Monday

Time	Class	Instructor
8:30am	R.I.P.P.E.D.	Tajuana(45m) *GF
8:30am	Aqua Zumba	Remelyn(45m) *P
9:15am	Zumba	Remelyn (1h) *GF
9:15am	Hydro HIIT	Mel (45m) *P
9:15am	Rhythm Ride	Lauren (1hr) *C
9:30am	Silver Sneakers	Maxine (45m) *FH
10:15am	TRX	Caroline (45m) *GF
10:30am	Chair Yoga	Linda (1hr) *MP
10:30am	Line Dance	Maxine (1hr) *FH
11:15am	Power Yoga	Mel (1hr) *GF
12:15am	Cycle Express	Mel (35m) *C
4:30pm	Boot Camp	Sadee (45m) *GF
5:30pm	Pound	Tomoko (45m) *GF
5:30pm	Group Cycle	Bridgett (45m) *C

Tuesday

Time	Class	Instructor
8:30am	Yoga	Linda (1hr) *GF
8:30am	Water Fit	Maxine (45m)p
9:30am	Boom	Mel (45m) *FH
9:15am	Aqua Tabata	Remelyn(45)*p
9:30am	Beginner Cycle	Maxine (45m) *c
9:30am	Pure Strength	Debbie (40m) *GF
10:15am	Pilates Barre	Debbie (45m) *GF
10:15am	Zumba Gold	Mel (1hr) *FH
11:15am	Slow Flow Yoga	Mel (1hr) *FH
4:30pm	Body Fit	Sadee(45m)*GF
6:00pm	Lyft *GF	Tajuana(30m)
6:30pm	Zumba *GF	Tajuana(45m)

Wednesday

Time	Class	Instructor
7:30am	Express Muscle	Debbie (25m) *GF
8:00am	Core	Debbie (20m) *GF
8:30am	Yoga	Debbie (40m) *GF
9:15am	Zumba	Tajuana (1hr) *GF
9:15am	Aqua Cardio Balance	Debbie (45m) *P
9:15am	Rhythm Ride	Lauren (1hr) *C
9:30am	Step Above	Mel (45m) *FH
10:15am	TRX	Caroline (45m)*GF
10:30am	Slow Flow Yoga	Mel (1hr) *FH
12:15pm	Cycle Express	Mel (35m) *C
5:00pm	Lyft	Tajuana (45) *GF
5:45pm	Yoga	Linda (1hr) *GF

Thursday

Time	Class	Instructor
8:30am	Water Fitness	Maxine (45m) *P
8:30am	Strong	Remelyn(45m)GF
9:15am	Aqua Tabata	Krissi (45m) *P
9:15am	Zumba	Remelyn(1hr) GF
9:30am	Line Dancing	Maxine (45m) *FH
10:30am	Chair Yoga	Linda (45m) *FH
4:30pm	PiYo	Tomoko(45m)*GF
5:30pm	Strong	Tomoko(45m*GF)
5:30pm	Group Cycle	Bridgett (45m)*C

Friday		
Time	Class	Instructor
8:00am	Bosu- Balance	Debbie (45m) *GF
8:45am	Pure Strength	Debbie (35m) *GF
8:15am	Hydro HIIT	Mel (45m) *P
has9:15a	Group Cycle	Mel (1hr) *C
9:30am	Yoga	Debbie(45m*GF)
9:30am	Silver Sneakers	Krissi (45m) *FH
10:15am	Yoga	Mel (45m) *MP
10:15am	TRX	Caroline (45m) *GF
10:40am	Zumba Gold	Remelyn(1hrFH)

1 Timothy 4:8

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- *P (Pool) *GF (Group Fitness) *c (Cycle)
- *FH (Fellowship Hall) **Yellow** (New Class or change)
- *MP (Multi-Purpose Room) *G (Gym) *P (pool)

Saturday		
Time	Class	Instructor
8:45am	Body Fit	Sadee 2/2 & 2/23 (45m *GF)
8:45am	Body Fit	Krissi 2/9 & 2/23 (45m *GF)
9:45am	Cycle @9:45	Bridgett 2/9 (45*C) Sadee 2/2 & 2/23 Lauren 2/16

February Events!

- *Glow Party February 16nd from 5-7pm! Free to members! Free event!! Bring a friend!!
- *Poses for Paws February 16th 10am to 2pm (Yoga, Aqua and Cycle classes)
- *Junior Fitness Program starts February 5th Register at the front desk. \$95 For kids 9-14 years old.
- *PiYO instructor training February 16th from 9:00am to 5:00PM. No Classes in Group X room.
- *Petal on the Patio February 27th 9:15am.

