



# Group Fitness Schedule

## February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30 AM <b>Core/Balance</b> Debbie T.	8:30-9:30 AM <b>Sculpt</b> Carol	8:30-9:30 AM <b>Step/Sculpt</b> Josie	8:30-9:30 AM <b>Step/Sculpt</b> Mellisa	8:30-9:30 AM <b>Basic Step</b> Josie	8:30-9:30 AM <b>HITT</b> Brenda
9:15-10:15 AM <b>Nia</b> Nana	9:30-10:30 AM <b>Cardio / Sculpt</b> Josie	9:30-10:30 AM <b>Kick, Step &amp; Sculpt</b> Debbie D.	9:30-10:30 AM <b>Pilates</b> Kellie	9:30-10:30 AM <b>Step/Sculpt</b> Josie	9:30-10:30 AM <b>Pilates</b> Kellie	9:30-10:30 AM <b>Nia</b> Miriam
10:30-12:00 PM <b>Yoga</b> Sun		10:30-11:30 AM <b>Yoga</b> Donna M.	10:30 - 11:30am <b>Yoga</b> Priya	10:30-11:30 AM <b>Yoga</b> Donna M.		10:30-11:30AM <b>Yoga</b> Priya
	12:00 PM <b>Silver Sneakers Classic</b> Josie	12:00 PM <b>Silver Sneakers Circuit</b> Josie	12:00 PM <b>Silver Sneakers Classic</b> Josie	12:00 PM <b>Silver Sneakers Strength/Balance</b> Margaret		
	4:30-5:30 PM <b>Pilates</b> Kellie	4:30-5:30 PM <b>Step/Sculpt</b> Debbie T.	4:30-5:30 PM <b>Pilates</b> Kellie	4:30-5:30PM <b>Cardio core/sculpt</b> Debbie D	4:30-5:30PM <b>Yoga</b> Priya	
	5:30-6:30 PM <b>Cardio/Core</b> Donna	5:30-6:30 PM <b>Cardio/Step</b> Shirley	5:30-6:30 PM <b>Hitt</b> Brenda	5:30-7:00 PM <b>**Blissful Yoga</b> Brenda		
	6:30-7:30 PM <b>Zumba</b> Paola	6:30-7:30 PM <b>Cardio/Core</b> Donna R	6:30-7:30 PM <b>Zumba</b> Paola	7:00-9:00pm <b>Yoga</b> Holly		
		7:30-9:00 PM <b>Yoga</b> Donna R.				

## Water Aerobics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00 AM <b>Aqua Fitness</b> Teri	9:00-10:00AM <b>Aqua Fitness</b> Teri	9:00-10:00 AM <b>Aqua Fitness</b> Teri	9:00-10:00 AM <b>Aqua Fitness</b> Donna	9:00-10:00 AM <b>Aqua Fitness</b> Teri	9:00-10:00 AM <b>Aqua Fitness</b> Margaret
		6:00-7:00 PM <b>Aqua Fitness</b> Teri		6:00-7:00pm <b>Aqua Fitness</b> Margaret		