

# FEBRUARY PM FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* Classes held in Cycle Studio Classes in <b>bold on schedule</b> are fee based programs -Classes in the <b>GYM</b> will be posted after class time</p>	<p><b>NEW! NEW! NEW!</b> <b>Welcome our new Cycle instructor JEFF!!</b> <b>Cycle on Tues 5:30 and Thurs 7:15</b> <b>Try out Lunch and Lose w/Ted on Mon &amp; Wed 12:15-1:15</b></p>	<p><b>Welcome our new Zumba Instructor Maria!!!!</b> <b>Zumba on Fri 6:45</b></p>	<p><b>1</b> Lunch and Lose w/Ted 12:15-12:45 Tone &amp; Sculpt w/Mackenzie 5:30 Zumba w/Jane 6-7 *Pilates w/Mackenzie 6:05</p>	<p><b>2</b> BSculpt w/Liz 12-1 *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30 Cycle w/Jeff 7:15</p>	<p><b>3</b>  Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30 Zumba w/Maria 6:30</p>	<p><b>4</b> Belly Dance w/Marissa 12-1 Stretch w/Marissa 1-2</p>
<p><b>5</b>  Pilates w/Susan 1:30-2:30  Family Zumba w/Bridget 2:30-3:30</p>	<p><b>6</b> Lunch and Lose w/Ted 12:15-12:45 *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>7</b> BSculpt w/Liz 12-1 Cycle w/Jeff 5:30 Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Family World Dance Beatz w/Ayla 7:00</p>	<p><b>8</b> Lunch and Lose w/Ted 12:15-12:45 Tone &amp; Sculpt w/Mackenzie 5:30 Zumba w/Jane 6-7 *Pilates w/Mackenzie 6:05</p>	<p><b>9</b> BSculpt w/Liz 12-1 *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30 Cycle w/Jeff 7:15</p>	<p><b>10</b>  Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30 Zumba w/Maria 6:30</p>	<p><b>11</b> Belly Dance w/Marissa 12-1 Stretch w/Marissa 1-2</p>
<p><b>12</b>  Pilates w/Susan 1:30-2:30  Family Zumba w/Bridget 2:30-3:30</p>	<p><b>13</b> Lunch and Lose w/Ted 12:15-12:45 *All Level Yoga w/Mark 5:00 <b>NO AB-SOLUTION w/Mike</b> Zumba w/Jewel 6:30</p>	<p><b>14</b> BSculpt w/Liz 12-1 Cycle w/Jeff 5:30 Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Family World Dance Beatz w/Ayla 7:00</p>	<p><b>15</b> Lunch and Lose w/Ted 12:15-12:45 Tone &amp; Sculpt w/Mackenzie 5:30 Zumba w/Jane 6-7 *Pilates w/Mackenzie 6:05</p>	<p><b>16</b> BSculpt w/Liz 12-1 *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30 Cycle w/Jeff 7:15</p>	<p><b>17</b>  Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30 Zumba w/Maria 6:30</p>	<p><b>18</b> Belly Dance w/Marissa 12-1 Stretch w/Marissa 1-2</p>
<p><b>19</b>  Pilates w/Susan 1:30-2:30  Family Zumba w/Bridget 2:30-3:30</p>	<p><b>20</b> Lunch and Lose w/Ted 12:15-12:45 *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>21</b> BSculpt w/Liz 12-1 Cycle w/Jeff 5:30 Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Family World Dance Beatz w/Ayla 7:00</p>	<p><b>22</b> Lunch and Lose w/Ted 12:15-12:45 Tone &amp; Sculpt w/Mackenzie 5:30 Zumba w/Jane 6-7 *Pilates w/Mackenzie 6:05</p>	<p><b>23</b> BSculpt w/Liz 12-1 <b>NO Yogaerobics w/Audra</b> Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30 Cycle w/Jeff 7:15</p>	<p><b>24</b>  Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30 Zumba w/Maria 6:30</p>	<p><b>25</b> Belly Dance w/Marissa 12-1 Stretch w/Marissa 1-2</p>
<p><b>26</b>  Pilates w/Susan 1:30-2:30 Family Zumba w/Bridget 2:30-3:30 Hoop Jam w/Ayla 3:30-5:00</p>	<p><b>27</b> Lunch and Lose w/Ted 12:15-12:45 *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>28</b> BSculpt w/Liz 12-1 Cycle w/Jeff 5:30 Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Family World Dance Beatz w/Ayla 7:00</p>	<p><b>29</b> Lunch and Lose w/Ted 12:15-12:45 Tone &amp; Sculpt w/Mackenzie 5:30 Zumba w/Jane 6-7 *Pilates w/Mackenzie 6:05</p>			

