

FEBRUARY 2012 FITNESS SCHEDULE ****New Classes begin February 1st****

MORNING	MONDAY	TUES	WED	THUR	FRI	SAT
5:30am	BASIC TRAINING South	CORE South	BASIC TRAINING South	CORE South	BASIC/ TURBO KICK South	
8:00am		HIP-HOP HUSTLE North		HIP-HOP HUSTLE North		NIA South
8:15am	ZUMBA North	PILATES South	STEP OR NO STEP North	PILATES South	INTERVAL North	TURBO KICK North
9:00am	ABS/LEGS North	BODY TONING North	ABS/ARMS North	BODY TONING North	ABS/ GLUTES North	
9:15am		BEGINNER/ MODIFIED YOGA South				YOGA South
10:00am		YOGA South		YOGA South		ZUMBA North
EVENING						
5:30pm		TRIPLE THREAT North	YOGA South	TRIPLE THREAT North	YOGA South	
5:45pm	ZUMBA North		ZUMBA North			
6:30pm	PILATES South		PILATES South			
6:30pm	HIP HOP HUSTLE North	ZUMBA TONING North	HIP HOP HUSTLE North	BODY TONING North		
7:15pm	TURBO KICK North		TURBO KICK North			

South- Former Weight Room (Door on right past front desk)

North-Current Fitness Room (by front door)