

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		ABS/ARMS North		ABS/GLUTES North	
9:15am		BODY TONING North		BODY TONING 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		<p>Price per class \$7.00</p> <p><u>WEEKLY ADULT FITNESS PASS</u> Allows participation in all fitness classes for the week \$20.00</p> <p><u>MONTHLY ADULT FITNESS PASS</u> Allows participation in all fitness classes for the month. In addition to Health Club Membership \$40 (\$35 auto draft)</p> <p>Fitness Pass Only \$50 (\$45 auto draft)</p> <p>CLASS DESCRIPTIONS ON BACK</p>	
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			
<p>South- Former Weight Room (Door on right past front desk)</p> <p>North-Current Fitness Room (by front door)</p>						