

FEBRUARY 2025 Group Fitness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------|---------------------------------------------|
| KETTLEBELL 5:45 AM JIM | SPIN 5:30 AM MEGAN | KETTLEBELL 5:45 AM JIM | SPIN 5:30 AM MEGAN | KETTLEBELL 5:45 AM JIM |
| GROUP POWER 8:00 AM PAM | DANCE AEROBICS 8:00 AM JEAN | BOOTCAMP/FREESTYLE 8:00 AM TESS!!/ PAM | DANCE AEROBICS 8:00 AM JEAN | |
| YOGA 9:00 AM TINA / MEGAN ANGIE | Explore Yoga 9:00AM RHIANNA SPIN 9:00AM DENISE | YO-FLEX 9:00 AM TINA | GROUP POWER 9:00 AM PAM | SPIN AND SCULPT / HIIT 9:00 AM DENISE |
| SILVER SNEAKERS 10:00 Jill, Suellen, Susie | TAI CHI 10:00AM BONNIE | SENIOR FITNESS 10:00 AM Cherry | | SENIOR FITNESS 10:00AM Megan |
| CARDIO KICK 12:00 PM Pam | GROUP POWER 12:00 PM Pam | RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk! | GROUP POWER 12:00 PM PAM | YOGA CORE 12:00 PM MEGAN |
| | SCULPT 1:00pm PATTY | SCULPT 1:00 PM PATTY | | |
| ZUMBA!! 5:15 pm Liz | SCULPT 4:30PM DAWN | | MUSCLE MIX! 4:30PM LISA NO CLASS 2/6 | |
| GROUP POWER 6:30 PM TESS! | YOGA BASICS 5:45PM DAWN NOW IN THE TRX ROOM | HOT PILATES AMANDA 6:00PM | GROUP POWER 6:00 PM TESS! | |

NEW/CANCELLED CLASS ALERT:

Be sure to check out the yellow sections on calendar!!! Text (706)371-3531 for updates