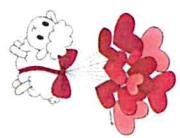






February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	2 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jessica) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 6:30 Push (Danielle)	3 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	4 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Danielle)	5 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	6	
7	8 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	9 9:00 Bike/Sculpt (Carol) 9:30 Yoga/Pilates (Simon) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 6:30 Push (Danielle)	10 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	11 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Danielle)	12 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	13 
14  15 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	16 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jessica) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 6:30 Push (Danielle)	17 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	18 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Danielle)	19 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	20 	
21	22 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	23 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jessica) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 6:30 Push (Danielle)	24 6:45am Yoga (Amy) 9:00 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	25 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Danielle)	26 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	27 
28	29 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	