





Fitness February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00 Zumba (Rudy)
2	3 9:00 Barre No Class 10:00 Strong (Rudy) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	4 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 3:30 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	5 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	6 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (No Class) 10:30 Fit for Life (Rudy) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	7 8:00 Spin Express 9:00 Zone Tone (Jessica) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Emily) 5:30 iSweat (Rissa)	8 9:00 Zumba (Rudy)
9 	10 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (No Class)	11 8:00 Zumba (Rudy) 9:00 Spin 10:30 Fit For Life (Danielle) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 3:30 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	12 9:30 Power Camp / Kettlebell (Danielle) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Danielle) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	13 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (No Class) 10:30 Fit for Life (Rudy) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	14 8:00 Spin Express 9:00 Zone Tone (Danielle) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Danielle) 5:30 iSweat (Rissa)	15 9:00 Zumba (Rudy)
16	17 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	18 8:00 Zumba (Rudy) 9:00 Spin 10:30 Fit For Life (Danielle) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 3:30 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	19 9:30 Power Camp / Kettlebell (Danielle) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Danielle) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	20 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (No Class) 10:30 Fit for Life (Rudy) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	21 8:00 Spin Express 9:00 Zone Tone (Danielle) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Danielle) 5:30 iSweat (Rissa)	22 9:00 Zumba (Rudy)
23 	24 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (No Zumba)	25 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 3:30 HIIT (Jessica) 5:30 Cardio Acceleration (Rissa) 6:30 Cardio Dance (Carol)	26 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	27 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (No Zumba)	28 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	29 9:00 Zumba (Rudy)