

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>FEBRUARY FITNESS SCHEDULE</b></p>			1	2 Spin 6:30 —7:30 am Spin 8:45 - 9:45 am Functional circuit training 9:30-10:25am Yoga 10:30-11:25 am Spin 10 - 10:30 am Spin 7:45-8:45 pm Yoga 7:30 –8:30 pm, Zumba 8:10 - 9:10 pm	3 Zumba 11 am	4 Spin 8:30 - 9 am Spin 9:15 -10:15 am
5 Zumba 5 - 6 pm	6 Zumba 11 am	7 Spin 6:30 —7:30 am Spin 8:45 - 9:45 am Spin 10 - 10:30 am Indoor Weighted Walk 1-1:55pm Spin 7 - 7:30 pm Spin 7:45-8:45 pm Zumba 8:10 - 9:10 pm	8 Yoga 6:05 pm Zumba 7:05 - 8:00pm	9 Spin 6:30 —7:30 am Spin 8:45 - 9:45 am Functional circuit training 9:30-10:25am Yoga 10:30-11:25 am Spin 10 - 10:30 am Spin 7:45-8:45 pm Yoga 7:30 –8:30 pm, Zumba 8:10 - 9:10 pm	10 Zumba 11 am	11 Spin 8:30 - 9 am Spin 9:15 -10:15 am
12 Zumba 5 - 6 pm	13 Zumba 11 am	14 Spin 6:30 —7:30 am Spin 8:45 - 9:45 am Spin 10 - 10:30 am Indoor Weighted Walk 1-1:55pm Spin 7 - 7:30 pm Spin 7:45-8:45 pm Zumba 8:10 - 9:10 pm 	15 Yoga 6:05 pm Zumba 7:05 - 8:00pm	16 Spin 6:30 —7:30 am Spin 8:45 - 9:45 am Functional circuit training 9:30-10:25am Yoga 10:30-11:25 am Spin 10 - 10:30 am Spin 7:45-8:45 pm Yoga 7:30 –8:30 pm, Zumba 8:10 - 9:10 pm	17 Zumba 11 am	18 Spin 8:30 - 9 am Spin 9:15 -10:15 am
19 Zumba 5 - 6 pm	20 Zumba 11 am	21 Spin 6:30-7:30 am Spin 8:45 - 9:45 am Spin 10 - 10:30 am Indoor Weighted Walk 1-1:55pm Spin 7 - 7:30 pm Spin 7:45-8:45 pm Zumba 8:10 - 9:10 pm	22 Yoga 6:05 pm Zumba 7:05 - 8:00pm	23 Spin 6:30 —7:30 am Spin 8:45 - 9:45 am Functional circuit training 9:30-10:25am Yoga 10:30-11:25 am Spin 10 - 10:30 am Spin 7:45-8:45 pm Yoga 7:30 –8:30 pm, Zumba 8:10 - 9:10 pm	24 Zumba 11 am	25 Spin 8:30 - 9 am Spin 9:15 -10:15 am
26 Zumba 5 - 6 pm	27 Zumba 11 am	28 Spin 6:30-7:30 am Spin 8:45 - 9:45 am Spin 10 - 10:30 am Indoor Weighted Walk 1-1:55pm Spin 7 - 7:30 pm Spin 7:45-8:45 pm Zumba 8:10 - 9:10 pm	29 Yoga 6:05 pm Zumba 7:05 - 8:00pm	<b>PRICES: Zumba, Walking, Circuit and            Wednesday Yoga \$5            Thursday Yoga \$8            Spin 1/2 hour \$7 Spin 1 hr \$10</b>		<b>PUNCH PASSES AVAILABLE</b>

**FREE  
Zumba  
Appreciation  
Day!  
Gym 7-8pm  
Prizes and fun!**

**PUNCH PASSES AVAILABLE**