

FEBRUARY 2019 EXERCISE CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: Dec. 22nd-Feb. 23rd No: Jan. 12, 19, & Feb. 9 YOGA FOR BALANCE 10-11 AM NEW SESSION: January 26th-March 2nd</p>				<p>1 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>4 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>5 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (E) 2:30 30 MIN. ZUMBA GOLD 5:30 Group Training</p>	<p>6 8:00 Yoga 8:15 B FIT (E) 9:10 PEPS (E) 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>7 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR (O) 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba (N) 5:30 Group Training</p>	<p>8 8:15 B FIT (N) 9:10 PEPS (N) 10:15 ZUMBA GOLD FRIDAY AM (E) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>11 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>12 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (N) 2:30 30 MIN. ZUMBA GOLD 5:30 Group Training</p>	<p>13 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (E) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS (E) 5:30 ZUMBA (E)</p>	<p>14 8:00 Seniors Circuit (E) 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW (E) 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT (E) 4:30 STRONG by Zumba 5:30 Group Training (E)</p>	<p>15 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (O) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS (O)</p>
<p>18 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (O) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (E) 2:30-3:30 Line Dance II (E) 3:30-4:30 Line Dance I (E) 5:30 ZUMBA TONING (O)</p>	<p>19 8:00 Seniors Circuit (O) 9:00 GENTLE YOGA 9:15 LOW AND SLOW (O) 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (E) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (E) 5:30 NO Group Training</p>	<p>20 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (N) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) (O) 2:15 HOOP DANCE FITNESS (N) 5:30 ZUMBA (N)</p>	<p>21 8:00 Seniors Circuit (N) 9:00 GENTLE YOGA 9:15 LOW AND SLOW (N) 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD(O) 12:30 FIT AND FABULOUS (O) 2:00 NO DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 NO Group Training</p>	<p>22 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD (N) FRIDAY AM (N) 11:30 30 MIN. ZUMBA GOLD (N) 12:15 FIT AND FABULOUS (N) 1:00 ZUMBA GOLD (N) 2:15 HOOP DANCE FITNESS</p>
<p>25 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 NO Line Dance II 3:30-4:30 NO Line Dance I 5:30 ZUMBA TONING</p>	<p>26 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Group Training (O)</p>	<p>27 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>28 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT (N) 4:30 STRONG by Zumba 5:30 Group Training (N)</p>	<p>KEY: (N) New session starts (O) Open class, come try it out (E) Session ends</p>