

Fitness Class Calendar

February 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Full Body Fitness 10:30-11:20am Flex Express 5:15-6:05pm	3 Stretch & Flex 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	4 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	5 Stretch & Flex 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	6 Full Body Fitness 10:30-11:20am	7 Cardio Drumming 10-10:50am Core & More 11-11:50am
8	9 Full Body Fitness 10:30-11:20am Flex Express 5:15-6:05pm	10 Stretch & Flex 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	11 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	12 <i>No Stretch & Flex No Senior Fit No Cardio Drumming Core & More 10-10:50am</i>	13 Full Body Fitness 10:30-11:20am	14 <i>No Classes</i>
15	16 Full Body Fitness 10:30-11:20am Flex Express 5:15-6:05pm	17 <i>No Stretch & Flex No Senior Fit No Cardio Drumming Core & More 10-10:50am</i>	18 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	19 Stretch & Flex 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	20 Full Body Fitness 10:30-11:20am	21 Cardio Drumming 10-10:50am Core & More 11-11:50am
22	23 Full Body Fitness 10:30-11:20am Flex Express 5:15-6:05pm	24 Stretch & Flex 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	25 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	26 Stretch & Flex 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	27 <i>No Class</i>	28 Cardio Drumming 10-10:50am Core & More 11-11:50am
						<i>*Must be signed up for early morning classes by 9pm the night before</i>

Please sign up at the front desk or call 337-7000 at least 1 hour before class time ☺