

*\*Must be signed up for early morning classes  
by 8pm the night before*

## Fitness Class Calendar February 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>30</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>31</b> 7-7:50am Switch it Up: Kamagon Balls* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	<b>1</b> 9-9:50am Sweat H.I.I.T*	<b>2</b> 7-7:50am Switch it Up: Kamagon Balls 8-8:50am Balance for Life* 9-9:50am Cardio Drumming  5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Kamagon Balls	<b>3</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>4</b> 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Kamagon Balls
<b>No Class on Sunday</b>	<b>6</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>7</b> 7-7:50am Switch it Up: Kettlebells* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	<b>8</b> 9-9:50am Sweat H.I.I.T*	<b>9</b> 7-7:50am Switch it Up: Kettlebells* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming  5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Kettlebells	<b>10</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>11</b> 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Kettlebells
	<b>13</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>14</b> 7-7:50am Switch it Up: Boxing* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	<b>15</b> 9-9:50am Sweat H.I.I.T*	<b>16</b> 9-9:50am Stability Ball Class	<b>17</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>18</b> No Class
	<b>20</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>21</b> No Class	<b>22</b> 9-9:50am Sweat H.I.I.T*	<b>23</b> 9-9:50am Stability Ball Class	<b>24</b> 10-10:50am Full Body Fitness	<b>25</b> 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Boxing
<b>26</b>	<b>27</b> 9-9:50am Pure Strength  10-10:50am Full Body Fitness	<b>28</b> 7-7:50am Switch it Up: Yoga/Pilates Mix* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming	<b>1</b> No Class	<b>2</b> 7-7:50am Switch it Up: Yoga/Pilates* 8-8:50am Balance for Life* 9-9:50am Cardio Drumming  5:30-6:20pm Cardio Drumming 6:30-7:20pm Switch it Up: Yoga/Pilates	<b>3</b> 9-9:50am Pure Strength	<b>4</b> 9-9:50am Cardio Drumming 10-10:50am Switch it Up: Yoga/Pilates Mix

**Please sign up at the fitness center or call 337-7000 at least 1 hour before class time 😊**