


FEBRUARY 2012 CLASS SCHEDULE

PLEASE NOTE INSTRUCTORS MAY CHANGE WITHOUT NOTICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00 Power Pedal (45m) Eden 9:15 Zumba Clara 10:30 Core Lynn Ann 5:30 Bootcamp Circuit Brandi 6:45 Multi-Step Sari 8:00 Cardio-Tone Carrie	2 9:15 Body Blast Lynn Ann 10:30 Cardio/Pump Interval Brandi 11:35 Easy Variations Judi 5:15 HIT(30m) Aundrea 5:50 Power Pedal (45 m) Aundrea 6:45 Reps Lisa 8:00 Dance Infusion Tanya	3 6:00HIT/Core Michelle 9:15 Power Hour +(70m) Sari 10:30 Yoga Pattie 6:00 Zumba Stephanie	4 9:15 Kickbox Combo Carmaine 10:30 Step Suzanne 11:35 Body Ball Charmaine
5 9:15 Sunday Cycle Sherri 10:30 Step Sari	6 6:00 Power Pedal Sherri 9:15 Complete Mix Peggy 10:30 Step 1 Judi 11:35 Yoga Carmel 5:30 Tabata Blast Jenn D 6:45 Complete Mix Lynn Ann 8:00 Yoga Shelley	7 9:15 Cardio Combo Lynn Ann 10:30 Bootcamp Circuit Jenn D 11:35 Easy Variations Charmaine 5:15 HIT(30m) Laura 5:50Power Pedal (45m) Laura 6:45 Zumba Lynn Ann 8:00 Core Lynn Ann	8 6:00 Power Pedal (45m) Carmel 9:15 Zumba Toning Clara 10:30 Core Lynn Ann 5:30 Bootcamp Circuit Jenn D 6:45 Multi-Step Susan 8:00 Cardio-Tone Carrie	9 9:15 Body Blast Lynn Ann 10:30 Cardio/Pump Interval Jenn D 11:35 Easy Variations Judi 5:15 HIT(30m) Katherine 5:50 Power Pedal (45 m) Katherine 6:45 Reps Lisa 8:00 Dance Infusion Tanya	10 6:00HIT/Core Sherri 9:15 Power Hour +(70m) Peggy 10:30 Yoga Pattie 6:00 Zumba Tara	11 9:15 Kickbox Combo Erika 10:30 Zumba Martha 11:35 Body Ball Pam
12 9:15 Sunday Cycle Sherri 10:30 Step Lisa	13 6:00 Power Pedal Sherri 9:15 Complete Mix Lynn Ann 10:30 Step 1 Judi 11:35 Yoga Carmel 5:30 Tabata Blast Jenn D 6:45 Complete Mix Carmaine 8:00 Yoga Julia	14 9:15 Cardio Combo Suzanne D 10:30 Bootcamp Circuit Charmaine 11:35 Zumba Gold Judi 5:15 HIT(30m) Laura 5:50Power Pedal (45m) Laura 6:45 Zumba Lynn Ann 8:00 Core Lynn Ann	15 6:00 Power Pedal (45m) Sherri 9:15 Zumba Toning Clara 10:30 Core Lynn Ann 5:30 Bootcamp Circuit Jenn D 6:45 Multi-Step Sari 8:00 Cardio-Tone Carrie	16 9:15 Body Blast Lynn Ann 10:30 Cardio/Pump Interval Judi 11:35 Easy Variations Judi 5:15 HIT(30m) Aundrea 5:50 Power Pedal (45 m) Aundrea 6:45 Reps Kristina 8:00 Dance Infusion Tanya	17 6:00HIT/Core Michelle 9:15 Power Hour +(70m) Peggy 10:30 Yoga Pattie 6:00 Zumba Martha	18 9:15 Kickbox Combo Lynn Ann 10:30 Step Pam 11:35 Body Ball Charmaine
19 9:15 Sunday Cycle Kristina 10:30 Step Sari	 FAMILY DAY CLUB CLOSED	21 9:15 Cardio Combo Brandi 10:30 Bootcamp Circuit Jenn D 11:35 Easy Variations Charmaine 5:15 HIT(30m) Laura 5:50Power Pedal (45m) Laura 6:45 Zumba Lynn Ann 8:00 Core Lynn Ann	22 6:00 Power Pedal (45m) Carmel 9:15 Zumba Toning Clara 10:30 Core Lynn Ann 5:30 Bootcamp Circuit Jenn D 6:45 Multi-Step Susan 8:00 Cardio-Tone Carrie	23 9:15 Body Blast Lynn Ann 10:30 Cardio/Pump Interval Jenn D 11:35 Easy Variations Audrey 5:15 HIT(30m) Katherine 5:50 Power Pedal (45 m) Katherine 6:45 Reps Lisa 8:00 Dance Infusion Tanya	24 6:00HIT/Core Sherri 9:15 Power Hour +(70m) Sari 10:30 Yoga Shelley 6:00 Zumba Tara	25 9:15 Kickbox Combo Aundrea 10:30 Zumba Martha 11:35 Body Ball Pam
26 9:15 Cycle/Core Carmaine 10:30 Step Lisa	27 6:00 Power Pedal Kristina 9:15 Complete Mix Peggy 10:30 Step 1 Judi 11:35 Yoga Carmel 5:30 Tabata Blast Lynn Ann 6:45 Complete Mix Carrie 8:00 Yoga Julia	28 9:15 Cardio Combo Suzanne D 10:30 Bootcamp Circuit Charmaine 11:35 Fusion Judi 5:15 HIT(30m) Laura 5:50Power Pedal (45m) Laura 6:45 Zumba Lynn Ann 8:00 Core Lynn Ann	29 6:00 Power Pedal (45m) Sherri 9:15 Zumba Toning Clara 10:30 Core Lynn Ann 5:30 Bootcamp Circuit Carmaine 6:45 Multi-Step Susan 8:00 Cardio-Tone Carrie			