



GET FIT!



February Class Schedule 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 5:30P-Boot Camp w/Jane 7P-ZUMBA	2 5:P-Boot Camp w/Nick 6P-CardioKickboxing 7P- Power Yoga (T)	3	4 Run/Walk @6A 9A – Kettle Works  10A-ZUMBA 11A-Pilates (1hr) 12P-Food Support Group & Healthy Eating 101	5 10A-Stretch & Tone 11A-Power Yoga (T)
6 5:30P-Pilates (1hr) 6P-Food Support Group 7P-Butts and Guts	7 5:15P-CardioKickboxing 6P-Power Sculpt ABs 7P-Total Body Circuit Training	8 5:30P-Boot Camp w/Jane 7P-ZUMBA	9 5:15P- Total Body Circuit Training 6P-CardioKickboxing 7P- Power Yoga (T)	10	11 Run/Walk @6A 9A – Kettle Works  10A-ZUMBA 11A-Pilates (1hr) 12P-Food Support Group & Healthy Eating 101	12 10A-Stretch & Tone 11A-Power Yoga (T)
13 5:30P-Pilates (1hr) 6P-Food Support Group 7P-Butts and Guts	14 5:15P-CardioKickboxing 6P-Power Sculpt ABs 7P-Total Body Circuit Training	15 7P-ZUMBA	16 5:15P-Total Body Circuit Training 6P-CardioKickboxing 7P- Power Yoga (T)	17	18 Run/Walk @6A 9A – Kettle Works  10A- ZUMBA 12P-Food Support Group & Healthy Eating 101	19 10A-Stretch & Tone 11A-Power Yoga (T)
20 6P-Food Support Group 7P-Butts and Guts	21 5:15P-CardioKickboxing 6P-Power Sculpt ABs 7P-Total Body Circuit Training	22 5:30P-Boot Camp w/Jane 7P-ZUMBA	23 5:15P-Total Body Circuit Training 6P-CardioKickboxing 7P- Power Yoga (T)	24	25 Run/Walk @6A 9A – Kettle Works  10A-ZUMBA 11A-Pilates (1hr) 12P-Food Support Group & Healthy Eating 101	26 10A-Stretch & Tone 11A-Power Yoga (T)
27 5:30P-Pilates (1hr) 6P-Food Support Group 7P-Butts and Guts	28 5:15P-CardioKickboxing 6P-Power Sculpt ABs 7P-Total Body Circuit Training	29 5:30P-Boot Camp w/Jane 7P-ZUMBA	(T) – Televised DVD Class			