

# February



## Monday

8:30 - 9:30 am	Power Yoga	Tamyra	Yoga Studio
8:30 - 9:30 am	Functional Training	Melissa	Pool Deck
9:30 - 10:30 am	Kickboxing	Tamyra	Studio 1
9:30 - 10:30 am	Spin	Cassie	Spin Room
10:30 - 11:15 am	Functional Training	Melissa	Pool Deck
11:30 - 12:30 pm	Yoga (Suitable for Beginners)	Erica	Yoga Studio
5:30 - 6:30 pm	Zumba	Jayne	Studio 1
5:30 - 6:15 pm	Spin	Jose	Spin Room
5:35 - 6:30 pm	Yoga (Suitable for Beginners)	Kelley	Yoga Studio
6:30 - 7:30 pm	Strength	Jose	Studio 1

## Tuesday

5:30 - 6:15 am	Functional Training	Melissa	Pool Deck
8:30 - 9:30 am	Bootcamp	Cassie	Studio 1
8:30 - 9:30 am	Yoga (Suitable for Beginners)	Erica	Yoga Studio
9:30 - 10:30 am	Spin	Lauren	Spin Room
10:30 - 11:30	Interval Training	Lauren	Studio 1
11:30 - 12:30 am	Yoga (Suitable for Beginners)	Erica	Yoga Studio
5:35 - 6:05 pm	Combo Step and Strength	Brittany	Studio 1
6:05 - 6:35 pm	Combo Step and Strength	Brittany	Studio 1
6:15 - 6:55 pm	Yoga Basics	Bethany	Yoga Studio
6:00 - 6:45 pm	Spin	Jose	Spin Room
6:30 - 7:30 pm	Zumba	Jennie	Studio 1

## Wednesday

8:30 - 9:30 am	Functional Training	Melissa	Pool Deck
8:30 - 9:30 am	Yoga (Suitable for Beginners)	Lee	Yoga Studio
9:30 - 10:30 am	Power Cardio	Tamyra	Studio 1
9:30 - 10:30 am	Spin	Lauren	Spin Room
10:30 - 11:30 am	Interval Training	Lauren	Studio 1
11:30 - 12:30 pm	Yoga (Vinyasa Flow for all Levels)	Sarah	Yoga Studio
5:30 - 6:15 pm	Spin	Jose	Spin Room
5:45 - 6:30 pm	Core Work	Cassie	Studio 1
6:30 - 7:30 pm	Strength	Tonya	Studio 1

5:30 - 6:15 am	Yoga (Vinyasa Flow for all Levels)	Sarah	Yoga Studio
5:30 - 6:15 am	Functional Training	Christin	Pool Deck
8:30 - 9:30 am	Yoga (Suitable for Beginners)	Erica	Yoga Studio
9:30 - 10:30 am	Cardio Funk	Lem	Studio 1
9:30 - 10:30 am	Barbell	Cassie	Pool Deck
11:30 - 12:30 pm	Yoga (Suitable for Beginners)	Erica	Yoga Studio
5:35 - 6:05 pm	Combo Step and Strength	Cynthia	Studio 1
6:05 - 6:35 pm	Combo Step and Strength	Cynthia	Studio 1
5:35 - 6:30 pm	Yoga (Suitable for Beginners)	Kelley	Yoga Studio
6:00 - 6:45 pm	Spin	Jose	Spin Room

## Friday

7:30 - 8:30 am	Functional Training	Melissa	Pool Deck
8:30 - 9:30 am	Cardio Strength	Tonya	Studio 1
8:30 - 9:30 am	Functional Training	Alex	Pool Deck
8:30 - 9:30 am	Spin	Lauren	Spin Room
8:30 - 9:30 am	Yoga (Suitable for Beginners)	Lee	Yoga Studio
9:30 - 10:30 am	Interval Training	Lauren	Studio 1
10:30 - 11:30 am	Strength	Tonya	Studio 1
11:30 - 12:30 pm	Yoga (Deep Stretch)	Sarah	Yoga Studio

## Saturday

8:00 - 9:00 am	Spin	Varies	Spin Room
8:15 - 9:15 am	Step	Varies	Studio 1
9:05 - 10:05 am	Yoga Basics	Bethany	Yoga Studio
9:15 - 10:15 am	Strength	Varies	Studio 1
10:15 - 11:15 am	Yoga (Suitable for Beginners)	Felicia	Yoga Studio
11:30 - 12:30 pm	Yoga Basics	Felicia	Yoga Studio

## Sunday

2:00 - 3:00 pm	Yoga (Suitable for Beginners)	Amanda	Yoga Studio
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