FEBRUARY

— CLASS SCHEDULE —

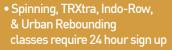
MONDAY			THURSDAY	THURSDAY		
5:00 am	Group Personal Training (pd)	Orlando	5:30 am	Row & Weights	Gina	
5:30 am	Cardio & Weights	Adrianne	6:00 am	Cardio Bootcamp (pd)	Orlando	
6:00 am	Group Personal Training (pd)	Orlando	9:00 am	●●● Pilates Sculpt	Sherry	
8:45 am	Cardio & Weights	Di	11:30 am	Indo-Row	Paul	
9:00 am	Group Personal Training (pd)	Orlando	4:30 pm	Group Training	Di	
11:30 am	Indo-Row	Paul	5:30 pm	Kettlebells	Jess	
4:00 pm	HS/Youth Strength & Conditioning (pd)	Orlando	5:30 pm	Spinning	Anne	
5:00 pm	Spinning	Kendra				
5:30 pm	Yoga	Nicole				
5:30 pm	Group Personal Training(pd)	Orlando	FRIDAY			
5:30 pm	Core & Balance	Di				
6:30 pm	Group Personal Training (pd)	Orlando	8:00 am	Group Personal Training (pd)	Orlando	
TUESDAY			8:45 am	Cardio Barre	Sherry	
TOLSDAT			9:00 am	Cardio Kick & TRX	Di Ci	
5:30 am	Row & Weights	Gina	10:30 am	Prime Time	Gina	
6:00 am	Cardio Boot Camp (pd)	Orlando	SATURDAY			
9:00 am	Yoga	Christine	SATURDAT			
9:00 am	Circuit Breaker	Dawn	7:00 am	Group Personal Training (pd)	Orlando	
10:30 am	Veterans Row	Gina	7:15 am	Beach Body	Ali B	
4:30 pm	Group Train	Alison	8:00 am	Group Personal Training (pd)	Orlando	
5:30 pm	Cardio Sculpt	Kerri	8:00 am	Spinning	Kim	
6:30 pm	TRX	Jessica	8:15 am	Step & Weights	Kerri	
•	IRX	Jessica	9:00 am	●●● TRX	Di	
WEDNESDAY			9:30 am	Learn to Spin (last Sat. of month)	Dom	
F 00	Corres Department Training (ad)	0.11	11:00 am	Learn to Row (first Sat. of month)	Orlando	
5:00 am 6:00 am	Group Personal Training (pd)	Orlando			Paul	
8:30 am	Group Personal Training (pd) Group Personal Training (pd)	Orlando				
9:00 am	Cardio Barre	Orlando Sherry				
9:30 am	Fit Fusion Strength	Danielle	SUNDAY			
4:30 pm	Mobility and Stretch	Mark C.	8:00 am	Spinning	Dom	
4:30 pm	Little Ninjas (pd) (6-9yrs old)	Orlando	10:00 am	Boot Camp (pd)	Kayla	
5:30 pm	Group Personal Training (pd)	Orlando	10.00 alli	Boot Camp (pu)	rtayta	
5:30 pm	Row & Weights	Gina				
6:00 - 6:30 pm	Jillian Michael's Body Shred	Jessica				
6:30 pm	Group Personal Training (pd)	Orlando				
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- Specialty classes are paid classes (Pd)
- Classes will be canceled if less than 3 people attend

CLUB HOURS

Mon - Thur 5:00 am -9:30 pm Fri 5:00 am - 8:30 pm Saturday 7:00 am - 5:00 pm Sunday 7:00 am - 3:00 pm

NUTRITION TALK

Monday, February 25th at 6:30pm Heart Healthy Eating



