



FEBRUARY

2018

ADDITIONAL CLASS CALENDAR

Weekends Demos TRX Rowing

NOTES:

February's Sunday Snippet is "Share the Love"! Double the instructors, double the fun! Join in each Sunday at 1:00pm!

Don't forget to check out our newest additions to the regular schedule!

Strong by Zumba Mondays @ 6:15pm
Wednesdays @ 8:00am
Fridays @ 11:00am

Effective February 1st!

SUN	MON	TUES	WED	THURS	FRI	SAT	
				1	2	3	
					ZUMBA 5:30pm with Keith	TRX+ROW 7:15am with Becky W. 8:00am - STRONG BY ZUMBA with Katie 9:00am - STRENGTH with Lisa 10:00am - YOGA with Jackie	
CYCLE 9:00am - Cycling Theme Ride: Cycling Through The Decades with Brooke 1:00pm Share the Love: Pedal & Paddle with Becky W. & Jackie	4	5	6	7	8	9	
	INDO+ROW 10:00am with Stacy		TRX+ROW 6:00am with Peggy TRX DROP-IN 4:30pm with Becky W.	TRX 101 5:30pm with Becky V. (FREE) TRX SIGN-UP BEGINS	TRX+ROW 6:00am with Lisa	BIKER CHICKS 5:30pm with Amanda	10
						8:00am - CYCLING with Lisa 9:00am - STRENGTH with Lisa 10:00am - YOGA with Mandy SHOCKWAVE 10:00am with Lisa	
	11	12	13	14	15	16	
	1:00pm Share the Love: Battleropes & Powerflow with Peggy & Mandy	INDO+ROW 10:00am with Dan	TRX DROP-IN 4:30pm with Becky W. CORECREW 5:30pm with Jessie	TRX+ROW 5:30pm with Katie	INDO+ROW 5:30pm with Becky W.	ZUMBA 5:30pm with Jenny	17
						TRX 101 8:00am with Peggy (FREE) 8:00am - CYCLING with Becky W. 9:00am - STRENGTH with Amy M. INDO+ROW 9:00am with Peggy 10:00am - YOGA with Nichelle	
	18	19	20	21	22	23	
TRX DROP-IN 11:45am with Katie 1:00pm Share the Love: Squats & Watts with Katie & Becky W.	INDO+ROW 10:00am with Dan TRX SESSION BEGINS		TRX DROP-IN 4:30pm with Becky W.	TRX DROP-IN 5:30pm with Katie	INDO+ROW 5:30pm with Lisa	BIKER CHICKS 5:30pm with Becky W.	24
						8:00am - STRONG BY ZUMBA with Kari 9:00am - STRENGTH with Cathy 10:00am - YOGA with Nichelle INDO+ROW 10:00am with Jessie	
	25	26	27	28			
1:00pm Share the Love: Partner Play with Becky V. & Stephanie	INDO+ROW 10:00am with Stacy INDO+ROW 5:30pm with Alissa		CORECREW 5:30pm with Jessie	TRX+ROW 6:00pm with Kari			