

## February Schedule

### Group Fitness

| Time                     | Monday                          | Tuesday                  | Wednesday                       | Thursday                    | Friday                             | Saturday              | Sunday |
|--------------------------|---------------------------------|--------------------------|---------------------------------|-----------------------------|------------------------------------|-----------------------|--------|
| <b>MORNING</b>           |                                 |                          |                                 |                             |                                    |                       |        |
| 7:30a                    |                                 |                          |                                 |                             |                                    |                       |        |
| 8:00a                    |                                 |                          |                                 |                             |                                    |                       |        |
| 8:30a                    | Cardio<br>Strength<br>Pam       |                          | Cardio<br>Strength<br>Pam       | Cardio<br>Strength<br>Tracy | Cardio<br>Strength<br>Pam          |                       |        |
| 9:00a                    |                                 |                          |                                 |                             |                                    |                       |        |
| 9:15a                    |                                 |                          |                                 |                             |                                    |                       |        |
| 9:30a                    | Diesel<br>Conditioning<br>Tracy |                          | Diesel<br>Conditioning<br>Tracy |                             | Diesel<br>Conditioning<br>Tracy    | BodyPump<br>Anna/Lisa |        |
| 9:45a                    |                                 |                          |                                 |                             |                                    |                       |        |
| 10:30a                   | BodyPump<br>Jade                | Definitions<br>Jennifer  | BodyPump<br>Jade                | Definitions<br>Jennifer     |                                    | BodyCombat<br>Jess    |        |
| 11:00a                   |                                 |                          |                                 |                             | Basic<br>Conditioning<br>Pam Greer |                       |        |
| <b>AFTERNOON/EVENING</b> |                                 |                          |                                 |                             |                                    |                       |        |
| 3:00p                    | Basic<br>Conditioning<br>Pam    |                          | Basic<br>Conditioning<br>Pam    |                             |                                    |                       |        |
| 4:30p                    | Cardio<br>Strength<br>Pam       |                          | Cardio<br>Strength<br>Pam       |                             | BodyPump<br>Melanie                |                       |        |
| 5:30p                    | BodyCombat<br>Nancy             | Definitions<br>Jeanneane |                                 | Definitions<br>Sue          |                                    |                       |        |
| 6:30p                    |                                 |                          |                                 |                             |                                    |                       |        |

## Cycle

| Time                     | Monday               | Tuesday                   | Wednesday              | Thursday                  | Friday               | Saturday        | Sunday                          |
|--------------------------|----------------------|---------------------------|------------------------|---------------------------|----------------------|-----------------|---------------------------------|
| <b>MORNING</b>           |                      |                           |                        |                           |                      |                 |                                 |
| 5:30a                    |                      |                           |                        |                           |                      |                 |                                 |
| 6:00a                    | Studio Cycle<br>Amy  |                           | Studio Cycle<br>Becky  |                           | Studio Cycle<br>Amy  |                 |                                 |
| 8:00a                    |                      |                           |                        |                           |                      |                 |                                 |
| 8:30a                    | Studio Cycle<br>Jenn |                           | Studio Cycle<br>Jenn   |                           | Studio Cycle<br>Jenn | Studio<br>Cycle |                                 |
| 9:00a                    |                      |                           |                        |                           |                      |                 |                                 |
| 9:15a                    |                      | Studio Cycle<br>Janet     |                        | Studio Cycle<br>Janet     |                      |                 |                                 |
| 9:30a                    |                      |                           |                        |                           |                      | Studio<br>Cycle |                                 |
| 9:45a                    |                      |                           |                        |                           |                      |                 |                                 |
| 10:00a                   |                      |                           |                        |                           |                      |                 | Studio Cycle<br>Becky<br>Benton |
| 12:00p                   |                      | Studio Cycle<br>Catherine |                        | Studio Cycle<br>Catherine |                      |                 |                                 |
| <b>AFTERNOON/EVENING</b> |                      |                           |                        |                           |                      |                 |                                 |
| 4:00p                    |                      |                           |                        |                           |                      |                 | Studio Cycle<br>Catherine       |
| 4:30pm                   |                      | Studio Cycle<br>Janet     |                        | Studio Cycle<br>Janet     |                      |                 |                                 |
| 5:30p                    | Studio Cycle<br>Amy  | Studio Cycle<br>Shannon   | Studio Cycle<br>Amy    | Studio Cycle<br>Jennifer  |                      |                 |                                 |
|                          |                      |                           | Studio Cycle<br>George |                           |                      |                 |                                 |



## Yoga/Barre

| Time                     | Monday                    | Tuesday                  | Wednesday                             | Thursday                   | Friday                     | Saturday                       | Sunday                  |
|--------------------------|---------------------------|--------------------------|---------------------------------------|----------------------------|----------------------------|--------------------------------|-------------------------|
| <b>MORNING</b>           |                           |                          |                                       |                            |                            |                                |                         |
| 8:00a                    |                           | Warrior Flow<br>Gretchen |                                       | Warrior Flow<br>Gretchen   |                            |                                |                         |
| 8:30a                    |                           |                          |                                       |                            |                            | Barre Fusion<br>Jade           |                         |
| 9:15a                    | Solar Flow<br>75<br>Cathy | Warrior Flow<br>Gretchen | Solar Flow 75<br>Katherine            | Warrior Flow 75<br>Cathy   | Solar Flow<br>75<br>Curtis |                                |                         |
| 9:30a                    |                           | Barre Fusion<br>Jade     |                                       | Barre Fusion<br>Mandi      |                            |                                | Solar Flow<br>75<br>Jim |
| 9:45a                    |                           |                          |                                       |                            |                            |                                |                         |
| 10:00a                   |                           |                          |                                       |                            |                            | All Levels<br>Yoga<br>Victoria |                         |
| 10:45a                   | Deep Stretch<br>Cathy     | Deep Stretch<br>Rita     | Deep Stretch<br>Lillie<br>Weatherford | Deep Stretch<br>Cathy      | Deep Stretch<br>Curtis     |                                |                         |
| 12:00p                   | Barre Fusion<br>Jade      |                          | Barre Fusion<br>Jade                  |                            | Barre Fusion<br>Jeannane   |                                |                         |
| 12:15p                   |                           |                          | Warrior Flow<br>Darcy                 |                            |                            |                                |                         |
| <b>AFTERNOON/EVENING</b> |                           |                          |                                       |                            |                            |                                |                         |
| 4:30p                    |                           | Barre Fusion<br>Mandi    |                                       | Barre Fusion<br>Victoria   |                            |                                |                         |
| 5:00p                    |                           |                          |                                       |                            |                            |                                | Warrior Flow<br>Rachel  |
| 5:45p                    |                           | Solar Flow               | All Levels<br>Yoga<br>Jenn            | All Levels<br>Yoga<br>Rita |                            |                                |                         |
| 6:30p                    | Warrior Flow<br>Jim       |                          |                                       |                            |                            |                                |                         |
|                          |                           |                          |                                       |                            |                            |                                |                         |
| 7:15p                    |                           | Deep Stretch<br>Darcy    |                                       |                            |                            |                                |                         |

## Redzone

| Time                     | Monday            | Tuesday           | Wednesday         | Thursday        | Friday          | Saturday         | Sunday |
|--------------------------|-------------------|-------------------|-------------------|-----------------|-----------------|------------------|--------|
| <b>MORNING</b>           |                   |                   |                   |                 |                 |                  |        |
| 5:15a                    |                   |                   |                   |                 |                 |                  |        |
| 6:00a                    | RedZone<br>Yancey |                   | RedZone<br>Robert |                 | RedZone<br>Jade |                  |        |
| 7:00a                    | RedZone<br>Yancey |                   | RedZone<br>Robert |                 | RedZone<br>Jade |                  |        |
| 8:00a                    |                   | RedZone<br>Yancey |                   | Redzone<br>Jade |                 | RedZone<br>Megan |        |
| 8:15a                    | RedZone<br>Yancey |                   | RedZone<br>Robert |                 | RedZone<br>Jade |                  |        |
| 8:30a                    |                   |                   |                   |                 |                 |                  |        |
| 9:15a                    |                   |                   |                   |                 |                 | RedZone<br>Megan |        |
| 9:30a                    | RedZone<br>Yancey | RedZone<br>Yancey | RedZone<br>Robert | RedZone<br>Jade | RedZone<br>Jade |                  |        |
| 9:45a                    |                   |                   |                   |                 |                 |                  |        |
| 11:00a                   |                   |                   |                   |                 |                 |                  |        |
| <b>AFTERNOON/EVENING</b> |                   |                   |                   |                 |                 |                  |        |
| 3:00p                    |                   |                   |                   |                 |                 |                  |        |
| 4:15p                    |                   |                   |                   |                 |                 |                  |        |
| 4:30p                    |                   |                   |                   |                 |                 |                  |        |
| 5:30p                    | RedZone<br>Robert | RedZone<br>Jade   | RedZone<br>Robert | RedZone<br>Jade |                 |                  |        |
| 6:30p                    | RedZone<br>Robert |                   | RedZone<br>Robert |                 |                 |                  |        |

## Forge

| Time                          | Monday        | Tuesday      | Wednesday | Thursday     | Friday        | Saturday | Sunday |
|-------------------------------|---------------|--------------|-----------|--------------|---------------|----------|--------|
| <b>MORNING</b>                |               |              |           |              |               |          |        |
| 6:00a                         |               | Forge<br>Rob |           | Forge<br>Rob |               |          |        |
|                               |               |              |           |              |               |          |        |
| 8:30a                         |               | Forge<br>Rob |           | Forge<br>Rob |               |          |        |
| 10:30a                        | Forge<br>Chad |              |           |              | Forge<br>Chad |          |        |
| 11:00a                        |               |              |           |              |               |          |        |
| <b>AFTERNOON/<br/>EVENING</b> |               |              |           |              |               |          |        |
| 3:00p                         |               |              |           |              |               |          |        |
| 4:15p                         |               |              |           |              |               |          |        |
| 6:00p                         |               |              |           |              |               |          |        |