



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

February Group Exercise Schedule

Group Exercise					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba/Strength 5:30-6:30am Traci	Body Pump 5:30-6:30am John Mark	Zumba/Strength 5:30-6:30am Ashley	Body Pump 5:30-6:30am John Mark	Bombshell X 5:30-6:30am Traci	Body Pump 9:30am-10:30am John Mark
Cardio/Strength 8:30-9:25am Amy	Zumba 8:30-9:25am David	Bombshell X 8:30-9:25am Traci	Instructors Choice 8:30-9:25am TQ	Zumba 8:30-9:30am Ashley	Zumba (Gym) 10:30-11:30am Gyptsie
Pilates 9:30-10:30am Amy	Body pump 9:30-10:30am Tasha	Zumba 9:30-10:30am Tracie	Body Pump 9:30-10:30am Tasha		Yoga 10:45-11:45am Jeanie
Active Adults 9:00-9:50am Gym Beckie	Sliver Sneakers (MSROM) 9:00-9:50am Community Room Kelly	Active Adults 9:00-9:50am Community Room Beckie	Sliver Sneakers (MSROM) 9:00-9:50am Community Room Kelly	Active Adults(SS) 9:00-10:00am Community Room Beckie	
Sliver Sneakers Cardio Fit 9:00-10:00 Community Room Kelly		Sliver Sneakers Cardio Fit 9:00-10:00 Community Room Kelly			
Zumba (Kids Welcome) 12:15- 1:00pm David	Zumba (Kids Welcome) 12:15 pm – 1:00pm David	Zumba/Plus (Kids Welcome) 12:15 pm – 1:00pm Ashley	Zumba (Kids Welcome) 12:15 pm – 1:00pm Kelly	Zumba (Kids Welcome) 12:15- 1:00pm David	
Body pump 4:30-5:30pm Mary	Cardio Meltdown 4:30-5:25pm Montrel	Cardio Strength 4:30-5:25pm Gina	Body Pump 4:30-5:25pm Mary		
Zumba (Kids Welcome) 5:35-6:30pm Gyptsie	Zumba (Gym Kids Welcome) 5:30-6:30pm Ashley	Instructors Choice 5:30-6:25pm Tabitha	Zumba (Gym – Kids Welcome) 5:30-6:30pm David	Zumba (Gym- Kids Welcome) 5:30-6:30pm Gyptsie	
Cardio Meltdown 6:30-7:25pm Montrel	Yoga 5:30- 6:25 Jeanie	Cardio Strength 6:30-7:30pm Gina	Bombshell X 5:30-6:30pm Traci		
	Bombshell X 6:30-7:30pm Traci		Yoga 6:30-7:30pm Jeanie		
Group Cycling					
5:30-6:30am Sonia	5:30-6:30am Traci	5:30-6:30am Sonia	5:30-6:30am Traci	5:30-6:30am Sonia	8:30-9:30am Dhaya or Traci
8:30-9:30am Traci	8:30am-9:30am Todd		8:30-9:30am Traci	9:00-10:00am Miriam	
		4:30-5:25pm Miriam			
5:30-6:25pm Dhaya	5:30-6:25pm Traci	5:30-6:25pm Sonia	5:30-6:30pm Sarah	4:30-5:30 Todd	
6:30-7:30pm Sarah	6:30-7:30 Dhaya	6:30-7:30 Traci			