

February Weekly Group Schedule

Monday	Tuesday	Wednesday	Thursday
	6:00am Combat/Pump		6:00am Combat/Pump
9:00am Beginner Yoga*	9:00am Stretch/Roll	9:00am Beginner Yoga*	9:15am TRX H.I.T.T.
11:00am Senior Fit		11:00am Senior Fit	
4:25pm Youth Sports Camp		4:25pm Youth Sports Camp	
6:30pm New Resolution Weight loss			
Friday	Saturday	Sunday	
9:00am Stretch/Roll		1:00pm Beginner Yoga*	
11:00am Senior Fit		2:00pm Ab Party**	

*Intermediate - advance yoga clients are welcome to participate in all yoga classes.

Group schedule is subject to change.

Coming soon: 7pm Tues/Thurs Bikini Body Toning March 21st-April 13th (Member \$100, Non member \$125)!!!

**Ab Party offered last Sunday of the month (Member \$8, Non member \$10)