




FEBRUARY GROUP FITNESS CLASS SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	MUST BE AGE 16 & UP TO PARTICIPATE IN GROUP FITNESS CLASSES
GROUP FITNESS	5:15 AM	TABATA BOOTCAMP <i>FEE BASED</i>	CYCLE Gene	TABATA BOOTCAMP <i>FEE BASED</i>	CYCLE Gene	TABATA BOOTCAMP <i>FEE BASED</i>	
	9:30 AM	SilverSneakers Classic Mischelle	Rhyth-Mix STEP Mischelle	SilverSneakers Classic Mischelle	Rhyth-Mix STEP Mischelle	SilverSneakers Yoga Mischelle	
	12:00 - 12:30 PM	CYCLE Brandy	BOOT CAMP Luke	CYCLE Brandy	KETTLEBELLS Luke	Cycle, Kettlebells, & Yoga are held in the Cycle Room. All other classes are held in Aerobics Room unless otherwise noted.	
	5:00 - 5:30 PM	AB LAB Mischelle					
	5:15 PM	YOGA Pam		YOGA Pam			
	5:30 PM	STEP Mischelle	KETTLEBELLS Pam Luke	BOOT CAMP Luke	PUMP	<i>FEBRUARY Thursday 5:30 PM Schedule:</i> Feb 5: Kettlebells (Luke) Feb 12: Pump (Pam) Feb 19: Kettlebells (Luke) Feb 26: Pump (Mischelle)	
					KETTLEBELLS		
	6:30 PM	ZUMBA Lyn		ZUMBA Lyn	ZUMBA Lyn	 CALHOUN COUNTY YMCA	
7:30 PM	ZUMBA Bellydance Lyn						