



February 2020

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barre- \$10/class or \$20/4 classes Total Body Workout- \$6 Kids Hip Hop-\$30/month Adult Dance Fit- \$5 Zumba- \$5 *NEW* \$5 annual class pass required for non- facility pass holders						1
2 CLOSED	3 9a Total Body Workout	4 7:45a Barre Fit 5:30p Barre Fit	5 9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	6 9a Barre Fit 5:30p Barre Fit	7 9a Total Body Workout 6p Zumba	8
9 CLOSED	10 9a Total Body Workout	11 7:45a Barre Fit 5:30p Barre Fit	12 9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	13 9a Barre Fit 5:30p Barre Fit	14 9a Total Body Workout 6p Zumba	15
16 CLOSED	17 Closed For Presidents Day	18 7:45a Barre Fit 5:30p Barre Fit	19 9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	20 9a Barre Fit 5:30p Barre Fit	21 9a Total Body Workout 6p Zumba	22
23 CLOSED	24 9a Total Body Workout	25 7:45 Barre Fit 5:30p Barre Fit	26 9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	27 9a Barre Fit 5:30p Barre Fit	28 9a Total Body Workout 6p Zumba	29

Exercise Classroom

February 2020



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flexibility Flow- \$10 Line Dance- \$5 Kids Yoga- \$5 Senior Tap- \$10 Kids Twirling- \$10/lesson or \$35/month Family and Slow Flow Yoga- Donation Retro Yoga- \$5 *NEW* \$5 annual class pass required for non- facility pass holders						1
2 CLOSED	3 9:30a Flexibility Flow (CR #2) 6-8p Line Dance (CR #9)	4 8:30a Retro Yoga 1:30p Senior Tap (CR #9) 4p Wrestling (CR #9)	5 9:30a Flexibility Mobility Flow (CR #2) 4:30p Kids Twirling (CR#9) 6:00p Slow Flow Yoga (CR #9)	6 4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	7 6:00p Family Yoga (CR #9)	8
9 CLOSED	10 9:30a Flexibility Flow (CR #2) 5-8p Line Dance (CR #9)	11 8:30a Retro Yoga 1:30p Senior Tap (CR #9) 4p Wrestling (CR #9)	12 9:30a Flexibility Mobility Flow (CR #2) 4:30p Kids Twirling (CR#9) 6:00p Slow Flow Yoga (CR #9)	13 4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	14 6:00p Family Yoga (CR #9)	15
16 CLOSED	17 Closed For Presidents Day	18 8:30a Retro Yoga 1:30p Senior Tap (CR #9) 4p Wrestling (CR #9)	19 9:30a Flexibility Mobility Flow (CR #2) 4:30p Kids Twirling (CR#9) 6:00p Slow Flow Yoga (CR #9)	20 4 Wrestling (CR #9) 5p Kids Yoga (CR #2)	21 6:00p Family Yoga (CR #9)	22
23 CLOSED	24 9:30a Flexibility Flow (CR #2) 6-8p Line Dance (CR #9)	25 8:30a Retro Yoga 1:30p Senior Tap (CR #9) 4p Wrestling (CR #9) 4p Wiggles (CR #2) 4:30p Kids Ballet (CR #2)	26 9:30a Flexibility Mobility Flow (CR #2) 4:30p Kids Twirling (CR#9) 6:00p Slow Flow Yoga (CR #9)	27 4P Kids Dance Combo (CR#2) 4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	28 6:00p Family Yoga (CR #9)	29

Classrooms #2 and #9