


Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<h1>FEBRUARY</h1>			<b>1</b> *5:45 am WOW-Lynn 8 am Dancercise Noon Cycling-Kim *5 pm WOW-Mary  7:15 pm Cardio Power -Diane	<b>2</b> 5:15 am Cycling-Renee 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>3</b> 5:15 am Cycling -Lynn 8 am Dancercise Noon Circuit-Carol	<b>4</b> 9:15 am Cardio/ Weights-Emily	
*Indicates a Specialty Class. Extra fees apply.							
<b>5</b>	<b>6</b> 5:15 am Cycling-Lynn *6 am WOW-Doris 8 am Dancercise  Noon Circuit-Carol *5 pm WOW-Sue 6 pm Yoga-Doris	<b>7</b> 5:15 am Cycling-Mary 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Kim 6 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>8</b> 8 am Dancercise  Noon Cycling-Kim  7:15 pm Cardio Power -Diane	<b>9</b> 5:15 am Cycling-Renee 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne  <i>No Noon Strength today</i> 5:30 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>10</b> 5:15 am Cycling -Lynn 8 am Dancercise <i>No Noon Circuit today</i>	<b>11</b> 7 am Cycling-Lynn  9:15 am Cardio/ Weights-Emily	
<b>12</b>	<b>13</b> 5:15 am Cycling-Lynn 8 am Dancercise  Noon Circuit-Carol 6 pm Yoga-Doris	<b>14</b> <i>Be Mine</i> 5:15 am Cycling-Mary 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Sheri *7 pm BOOT CAMP!	<b>15</b> *5:45 am WOW-Lynn 8 am Dancercise  Noon Cycling-Kim *5 pm WOW-Mary  7:15 pm Cardio Power -Diane	<b>16</b> 5:15 am Cycling-Renee 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>17</b> 5:15 am Cycling -Lynn 8 am Dancercise Noon Circuit-Carol	<b>18</b> 9:15 am Cardio/ Weights-Emily	
<b>19</b>	<b>20</b> 5:15 am Cycling-Lynn *6 am WOW-Doris  8 am Dancercise Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	<b>21</b> 5:15 am Cycling-Mary 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>22</b> *5:45 am WOW-Lynn 8 am Dancercise  Noon Cycling-Kim *5 pm WOW-Mary  7:15 pm Cardio Power -Diane	<b>23</b> 5:15 am Cycling-Renee 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>24</b> 5:15 am Cycling -Lynn 8 am Dancercise Noon Circuit-Carol	<b>25</b> 7 am Cycling-Lynn  9:15 am Cardio/ Weights-Emily	
<b>26</b>	<b>27</b> 5:15 am Cycling-Lynn *6 am WOW-Doris 8 am Dancercise  Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	<b>28</b> 5:15 am Cycling-Mary 5:15 am Cardio2Ton-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Sheri  *7 pm BOOT CAMP!	<b>29</b> *5:45 am WOW-Lynn 8 am Dancercise  Noon Cycling-Kim *5 pm WOW-Mary  7:15 pm Cardio Power -Diane				<p style="text-align: center;"><b><u>WOMEN ON WEIGHTS</u></b></p> <p style="text-align: center;"><b>NEW SESSIONS BEGIN FEB. 13th.</b></p> <p style="text-align: center;">*Session 1 –Mon 6 am / Wed 5:45 am *Session 2 –Mon/Wed 5 pm</p> <p style="text-align: center;"><b>SIGN UP TODAY!!!</b></p>