

February 2010 Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kickboxing & Zumba 7:00p-8:00p Instructor: Tricia	2. BODY SCULPTING 6:00p-7:00p Instructor: Faith	3 Aerobics 7:00p-8:00p Instructor: Faith	4 CARDIO KICKBOXING FREE CLASS ONE DAY ONLY 6:30-7:30	5	6
7 Fitness for All 1:00p-2:00p Boot Camp 2:00p-3:00p Instructor: Laurie	8 Kickboxing & Zumba 7:00p-8:00p Instructor: Tricia	9 BODY SCULPTING 6:00p-7:00p Instructor: Faith	10 Aerobics 7:00p-8:00p Instructor: Faith	11 ZUMBA 6:30-7:30 Instructor: Tricia	12	13
14 Fitness for All 1:00p-2:00p Boot Camp 2:00p-3:00p Instructor: Laurie	15 Kickboxing & Zumba 7:00p-8:00p Instructor: Tricia	16 BODY SCULPTING 6:00p-7:00p Instructor: Faith	17 Aerobics 7:00p-8:00p Instructor: Faith	18 ZUMBA 6:30-7:30 Instructor: Tricia	19	20
21 Fitness for All 1:00p-2:00p Boot Camp 2:00p-3:00p Instructor: Laurie	22 Kickboxing & Zumba 7:00p-8:00p Instructor: Tricia	23 BODY SCULPTING 6:00p-7:00p Instructor: Faith	24 Aerobics 7:00p-8:00p Instructor: Faith	25 ZUMBA 6:30-7:30 Instructor: Tricia	26	27
28 Fitness for All 1:00p-2:00p Boot Camp 2:00p-3:00p Instructor: Laurie	<p>Love the classes AND the treadmill? A PREMIER membership is the perfect solution!</p>					