

Familywellness February Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:15am Spinsanity Cami B (Cycling Stadi...)	5:30am-6:30am Crank of Dawn Holly S (Cycling Stadi...)	5:30am-6:15am Spinsanity Aaron K (Cycling Stadi...)	5:30am-6:30am Tabata Booty Megan O (GF1)	5:30am-6:15am Cycle 45 Sarah S (Cycling Stadi...)	7:00am-7:35am Abs, Back, & Booty Kristi (GF2)	9:00am-9:45am Cycle Power Mark T (Cycling Stadi...)
5:30am-6:30am Circuit Trainer (Bridge)	5:30am-6:30am BODYPUMP (TM) Vikki (GF2)	8:00am-9:00am Raw Groove Jeanne (GF2)	5:30am-6:15am Cycle 45 Vivian F (Cycling Stadi...)	5:30am-6:30am BODYPUMP (TM) Darin P (GF2)	7:30am-8:15am Circuit Trainer (Bridge)	1:00pm-2:00pm Cycle Pulse Hailey G (Cycling Stadi...)
8:00am-9:00am Raw Groove Jeanne (GF2)	5:30am-6:30am BODYPUMP (TM) Support In... Rachel E (GF2)	8:00am-8:50am Yoga Strength Cathy (GF1)	5:30am-6:30am BODYPUMP (TM) Vikki (GF2)	5:30am-6:30am Circuit Trainer (Gym)	7:45am-8:45am BODYPUMP (TM) Kevin (GF2)	1:00pm-2:00pm Zumba @ Carol (GF2)
9:00am-10:00am Cycle & Abs Val (Cycling Stadi...)	5:30am-6:30am Yoga Strength Caitlin S (GF1)	9:00am-9:55am Rapid Liquid Cardio Amber C (Lap Pool)	8:00am-8:55am AquaFit Nicolle (Lap Pool)	5:30am-6:00am INSANITY (30 min) Cami B (GF1)	7:45am-8:45am BODYPUMP (TM) Support In... Rachel E (GF2)	1:00pm-2:00pm Aqua Zumba @ Annika P (Lap Pool)
9:00am-9:55am AquaFit Greta (Lap Pool)	8:00am-8:55am AquaFit Nicolle (Lap Pool)	9:00am-9:45am Gold N Fit Nicolle A (GF1)	8:00am-8:45am Muscle Fitness Kailynn B (GF2)	8:00am-8:55am Rapid Liquid Cardio Amber C (Lap Pool)	8:00am-8:55am Aqua Instructor Choice Sarah P (Lap Pool)	1:00pm-2:00pm Pre/Postnatal Yoga Kim H (GF1)
9:00am-9:45am Gold N Fit Nicolle (GF1)	8:00am-8:45am Muscle Fitness Kailynn B (GF2)	9:15am-10:05am Tabata Toning Amanda K (GF2)	9:00am-9:45am Gold N Tone Nicolle A (GF1)	8:00am-9:00am Barre Fitness Sarah P (GF2)	8:00am-9:00am Cycle 60 Tori A (Cycling Stadi...)	3:00pm-4:00pm Barre Fitness Lindsey (GF2)
9:15am-10:05am Tabata Toning Amy (GF2)	9:00am-10:00am BODYPUMP (TM) Cathy (GF2)	10:00am-11:00am Parkinson's Program Carolyn (GF1)	9:00am-10:00am BODYPUMP (TM) Val (GF2)	9:00am-10:00am Cycle & Abs Val (Cycling Stadi...)	8:00am-9:00am Yoga Level 1 Sarah S (GF1)	5:30pm-6:30pm BODYPUMP (TM) Lori (GF2)
10:00am-11:00am Parkinson's Program Carolyn (GF1)	9:00am-9:45am SilverSneakers @ Classic Debbi (GF1)	10:15am-11:00am Mat Pilates II Amanda K (GF2)	9:00am-10:00am BODYPUMP (TM) Support In... Sara (GF2)	9:00am-9:55am AquaFit Jami (Lap Pool)	8:30am-9:15am Circuit Trainer (Bridge)	5:30pm-6:30pm BODYPUMP (TM) Support In... Jessica A (GF2)
10:10am-10:50am Core N More Val (GF2)	9:00am-10:00am BODYPUMP (TM) Support In... Val (GF2)	11:00am-11:50am PD FIT Carolyn (GF1)	10:00am-11:00am Yogaflow Carolyn (GF1)	9:00am-10:00am BODYPUMP (TM) Aaron K (Sub) (GF2)	9:00am-10:00am BODYPUMP (TM) Lori (GF2)	6:30pm-7:30pm Candle Light Yoga Amanda N (GF1)
11:00am-11:50am PD FIT Carolyn (GF1)	10:00am-11:00am Yogaflow Carolyn (GF1)	12:00pm-12:45pm Competitor's Ride Mike (Cycling Stadi...)	10:15am-11:15am Barre Fitness Lisa K (GF2)	9:00am-9:55am Yogaflow Lori (GF1)	9:00am-10:00am BODYPUMP (TM) Support In... Leigh J (GF2)	
12:00pm-1:00pm BODYPUMP (TM) Kevin (GF2)	10:15am-11:15am HIIT & Flow Ginae' (GF2)	12:00pm-1:00pm Barre Fitness Ginae' (GF2)	12:00pm-12:45pm Muscle Mix Up Kristi (GF1)	10:00am-11:00am Parkinson's Program Carolyn (Conference Rm)	9:15am-10:15am Cycle 60 Vivian F (Cycling Stadi...)	
12:00pm-1:00pm Yoga Level 1 Amber V (GF1)	12:00pm-12:45pm Cycle 45 Kristi (Cycling Stadi...)	12:00pm-1:15pm Yoga Mixed Level Karia H (GF1)	12:00pm-1:00pm BODYPUMP (TM) Leigh J (GF2)	10:15am-11:15am Raw Groove Lisa (GF2)		
12:10pm-12:55pm Circuit Trainer (Bridge)	12:00pm-1:00pm SilverSneakers @ Splash Jami (Lap Pool)	12:10pm-12:55pm Circuit Trainer (Bridge)	12:00pm-1:00pm SilverSneakers @ Splash Jami (Lap Pool)	12:00pm-1:00pm Tabata Toning Ginae' (GF2)	10:15am-11:15am Raw Groove Nanda (GF2)	
12:10pm-12:55pm Circuit Trainer (Bridge)	12:00pm-1:15pm Yoga Mixed Level Karia H (GF1)	4:30pm-5:30pm BODYPUMP (TM) Shari I (GF2)	5:30pm-6:15pm Cycle 45 Nanda (Cycling Stadi...)	12:10pm-12:55pm Circuit Trainer (Bridge)		
4:30pm-5:30pm BODYPUMP (TM) Shari I (GF2)	4:30pm-5:20pm Barre Fitness Lisa K (GF2)	4:30pm-5:20pm Zumba @ Carol (GF1)	5:30pm-6:30pm Yoga Level 1 Cathy (GF1)	4:30pm-5:25pm Vinyasa Yoga Flow Carol A (GF1)		
4:30pm-5:20pm Raw Groove Lisa K (GF1)	5:30pm-6:15pm Cycle 45 Keith (Cycling Stadi...)	5:30pm-6:15pm Cycle 45 Hailey G (Cycling Stadi...)	5:35pm-6:35pm BODYPUMP (TM) Kevin (GF2)	5:30pm-6:30pm AquaFit Gayle (Lap Pool)		
5:15pm-5:55pm Kidz Fit Staff (Gym)	5:30pm-6:30pm Yoga Mixed Level Carol A (GF1)	5:35pm-6:35pm Tabata Booty Crystal S (GF2)	6:40pm-7:40pm Yoga Strength Caitlin S (GF1)	5:35pm-6:35pm P90X@ Christopher K (GF1)		
5:30pm-6:15pm Cyco-Therapy Cathy (Cycling Stadi...)	5:35pm-6:30pm BODYPUMP (TM) Chris (GF2)	5:45pm-6:30pm Circuit Trainer (Bridge)	6:50pm-7:50pm Raw Groove Danielle (GF2)	5:35pm-6:35pm Zumba @ Mandy F (GF2)		
5:35pm-6:35pm BODYPUMP (TM) Aimee (GF2)	5:35pm-6:30pm BODYPUMP (TM) Support In... Darin P (GF 2)	6:40pm-7:40pm STRONG Mandy F (GF 1)	8:00pm-9:00pm Barre Fitness Kati E (GF2)	6:45pm-7:45pm Restorative Yoga Carol A (GF1)		
5:45pm-6:30pm Circuit Trainer (Bridge)	6:40pm-7:40pm Step Megan O (GF1)	6:50pm-7:50pm BODYPUMP (TM) Lori (GF2)				

6:00pm-6:55pm AquaFit <i>Abby P (Lap Pool)</i>	6:50pm-7:50pm Zumba ® <i>Brooke S (Sub) (GF2)</i>	7:00pm-8:00pm Hydro Power <i>Abby P (Lap Pool)</i>				
6:40pm-7:15pm Abs, Back, & Booty <i>Aaron K (Sub) (GF1)</i>	8:00pm-9:00pm Barre Fitness <i>Cami B (GF2)</i>					
6:45pm-7:30pm Tabata Toning <i>Lindsey (GF2)</i>						
8:00pm-9:00pm OULA <i>Heather (GF2)</i>						