


# HIGHWAY 54

(770) 487-4273

## FEBRUARY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	FITNESS BOOT CAMP <i>Linda</i>		FITNESS BOOT CAMP <i>Beth</i>		FITNESS BOOT CAMP <i>Kendall</i>	
8:15a	 GROUP STEP <i>Linda</i>	 GROUP CENTERGY <i>Colleen</i>	 GROUP groove <i>Angela</i>	PILATES MAT PLUS <i>Toni</i>	 GROUP STEP <i>Linda</i>	 GROUP STEP <i>Carla</i>
9:20a	MUSCLE CHALLENGE <i>Linda</i>	 GROUP ACTIVE <i>Colleen</i>	 GROUP XPOWER <i>Nichole</i>	 ZUMBA gold <i>Cheryl</i>	 GROUP XPOWER <i>Kristen H.</i>	 GROUP XPOWER <i>Eric</i>
10:30a	YOGA <i>Merilee</i>	SILVERSNEAKERS MSROM <i>Kristen / Jodi</i>	 GROUP CENTERGY <i>Jodi</i>	SILVERSNEAKERS MSROM <i>Meg W.</i>	PILATES MAT PLUS <i>Kathy P.</i>	YOGA (75 minutes) <i>Kathy P / Merilee</i>
5:00p	 GROUP XPOWER <i>Angelique</i>	 GROUP STEP <i>Tamara</i>	MUSCLE CHALLENGE <i>Beth H.</i>	 GROUP STEP <i>Laura</i>		
6:00p	 RIPPED <i>Renee G.</i>	 GROUP ACTIVE <i>Linda</i>	KICKBOXING <i>Jodi / Suzie</i>	 ZUMBA fitness <i>Estefania</i>		 GROUP groove <i>Angela</i>
7:00p		 ZUMBA fitness <i>Estefania</i>		BELLY DANCE <i>Crystal</i>		
7:15p	YOGA <i>Vickie</i>		YOGA <i>Merilee</i>			

## AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a					*SWIMFIT FITNESS <i>Suzy</i>	
8:00a				*SWIMFIT FITNESS <i>Suzy</i>		
9:15a	*WATER WORKS <i>Kendall</i>	*SWIMFIT FITNESS <i>Suzy</i>	*H2O POWER HOUR <i>Linda</i>	 aqua ZUMBA <i>Crystal</i>	*WATER WORKS <i>Margaret</i>	*WATER WORKS <i>LeeAnn</i>
10:30a	*ARTHRITIS & FIBROMYALGIA <i>Kendall</i>	*SILVERSPLASH <i>Kathy A.</i>	*ARTHRITIS & FIBROMYALGIA <i>Linda</i>	*SILVERSPLASH <i>Margaret</i>	*ARTHRITIS & FIBROMYALGIA <i>Margaret</i>	 aqua ZUMBA <i>Crystal / Angelique</i>
5:30p	*WATER WORKS <i>Carol</i>	 aqua ZUMBA <i>Crystal</i>	*H2O POWER HOUR <i>Carol</i>			

\*Denotes No Lap Lanes Open During Aqua Classes.