
















(770) 716-5755

FEBRUARY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a		MUSCLE CHALLENGE <i>Linda</i>		 XPOWER <i>Falinda</i>		
8:15a	CARDIO FUSION <i>Jodi</i>	FITNESS BOOT CAMP <i>Lois</i>	MUSCLE CHALLENGE <i>Beth H.</i>	FREESTYLE STEP <i>Lois</i>	MUSCLE CHALLENGE <i>Lois</i>	YOGA <i>Toni / Vickie</i>
9:20a	 XPOWER <i>Jodi</i>	PILATES MAT PLUS <i>Lois</i>	YOGA <i>Kathy</i>	 CENTERGY <i>Jodi</i>	PILATES MAT PLUS <i>Lois</i>	 XPOWER <i>Jennifer</i>
10:20a	 ACTIVE <i>Colleen</i>	 HEART SMART 30/30 <i>Lois</i>	 ZUMBA gold <i>Falinda</i>	 HEART SMART <i>Lois</i>	 HEART SMART Functionally Fit <i>Meg W.</i>	 ZUMBA fitness <i>(10:30am)</i> <i>Kareen</i>
11:30a	SilverSneakers® MSROM <i>Beth</i>		SilverSneakers® MSROM <i>Falinda</i>		SilverSneakers® MSROM <i>Lois</i>	
5:15p	 XPOWER <i>Carla</i>	AWESOME ABS <i>Carla</i>	MUSCLE CHALLENGE <i>Lois</i>	AWESOME ABS <i>Carla</i>		
5:30p		FITNESS BOOT CAMP <i>Carla</i>		 ACTIVE <i>Carla</i>	 RIPPED <i>Carla</i>	
6:15p	 CENTERGY <i>Carla</i>		 ZUMBA fitness <i>Falinda</i>			
6:30p		YOGA <i>Mary Catherine</i>		PILATES MAT PLUS <i>Alissa</i>		
7:15p	 ZUMBA fitness <i>Nichole</i>					
7:30p		 ZUMBA fitness <i>Kareen</i>		 ZUMBA fitness <i>Kareen</i>		

CYCLE STUDIO

5:15a	CYCLATES <i>Mary Catherine</i>		CYCLATES <i>Lois</i>		CYCLATES <i>Lois</i>	
8:15a		HEART ZONES CYCLE <i>Janet</i>		HEART ZONES CYCLE <i>Sheila</i>		HEART ZONES CYCLE (8:20am) <i>Janet / Lisa</i>
9:20a			HEART ZONES CYCLE <i>Renee R.</i>			
6:15p	 RIDE <i>Sheila</i>		HEART ZONES CYCLE <i>Lois</i>			