

(770) 631-8004

## FEBRUARY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am		<b>Muscle Challenge</b> Lois		<b>RIPPED</b> Renee G.		
6:30am	<b>GROUP ACTIVE</b> Toni		<b>GROUP ACTIVE</b> Toni		<b>GROUP ACTIVE</b> Linda	
8:15am	<b>GROUP POWER</b> Cheryl	<b>RIPPED</b> Beth R.	<b>Muscle Challenge</b> Cheryl	<b>GROUP STEP</b> Nichole	<b>GROUP POWER</b> Jodi	<b>Fitness Boot Camp</b> Mary Catherine
9:30am	<b>GROUP STEP</b> Nichole	<b>Pilates Mat Plus</b> Mary Catherine	<b>GROUP STEP</b> Tamara	<b>GROUP CENTERGY</b> Summer	<b>Cardio Fusion</b> Jodi	<b>GROUP KICK</b> Carla
10:30am	<b>Muscle Challenge</b> Lois	<b>ZUMBA fitness</b> Nichole	<b>Muscle Challenge</b> Kate	<b>GROUP groove</b> Jamie	<b>ZUMBA fitness</b> Crystal	<b>GROUP CENTERGY</b> Carla
11:35am	<b>HEART SMART</b> Debbie D.		<b>HEART SMART</b> Debbie D.		<b>HEART SMART</b> Colleen / Jodi	<b>ZUMBA toning</b> Cack / Cari
4:30pm	<b>GROUP ACTIVE</b> Laura	<b>Cardio Fusion</b> Suzie	<b>ZUMBA fitness</b> Crystal	<b>Muscle Challenge</b> Linda	(See cycle schedule below for Friday 4:30pm class)	<b>SATURDAY 4PM</b> <b>RIPPED</b> Instructors alternate
5:30pm	<b>GROUP POWER</b> Jennifer	<b>Kickboxing</b> Renee G.	<b>GROUP POWER</b> Carla	<b>GROUP ACTIVE</b> Linda	<b>GROUP POWER</b> Holly / Angelique	
6:30pm	<b>GROUP STEP</b> Suzie	<b>Pilates Mat Plus</b> Vickie	<b>Fitness Boot Camp</b> Holly	<b>Kickboxing</b> Renee G.	<b>ZUMBA fitness</b> Kareen	<b>SUNDAY 4PM</b> <b>GROUP ACTIVE</b> Toni
7:35pm	<b>ZUMBA fitness</b> Kareen	<b>GROUP ACTIVE</b> Carla	<b>GROUP CENTERGY</b> Laura	<b>Yoga</b> Merilee		<b>SUNDAY 5PM</b> <b>Yoga</b> - Merilee (75 minutes)

### CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	<b>Heart Zones Cycle</b> Michael	<b>Heart Zones Cycle</b> Scott	<b>Heart Zones Cycle</b> Scott	<b>Heart Zones Cycle</b> Michael	<b>Heart Zones Cycle</b> Scott	
8:15am		<b>GROUP RIDE</b> Jodi		<b>Heart Zones Cycle</b> Meg W.		<b>Heart Zones Cycle</b> Lois / Kate
9:30am	<b>Heart Zones Cycle</b> Renee R.		<b>Heart Zones Cycle</b> Cheryl		<b>GROUP RIDE</b> Tamara	<b>Heart Zones Cycle</b> Renee R
11:00am				<b>Health Zones Cycle</b> Vickie		
12:15pm	<b>Heart Zones Cycle</b> Lois		<b>Heart Zones Cycle</b> Jodi		<b>Heart Zones Cycle</b> Jamie	
4:30pm					<b>GROUP RIDE</b> Carol	
6:35pm	<b>GROUP RIDE</b> Holly		<b>GROUP RIDE</b> Carla			<b>SUNDAY 5PM</b> <b>GROUP RIDE</b> Carla

### STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30am	<b>SilverSneakers®</b> MSROM- Toni		<b>SilverSneakers®</b> MSROM- Thebither		<b>SilverSneakers®</b> MSROM- Toni	