




February 2012

Group Exercise and Aerobics Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>8:00am Zumba (Christine) 8:30 am Instructor's Choice 9:30am Power Yoga (Tina) 10:00am SilverSneakers I MSROM (Connie) 10:30am Adv. Sculpt (Megan) 11:30am Walking (Megan) 1:00 pm Sculpt (Patty)</p>	<p>2</p> <p>8:30am Dance Aerobics (Jean) 8:30am Yoga Fusion (Megan) 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Inter. Sculpt (Megan) 7:00pm Zumba (Tami)</p>	<p>3</p> <p>8:30am Dance Aerobics (Jean) 9:00am Adv. Sculpt (Megan) 10:30am Body Pump (Tami) 11:30am Walking (Megan) 1:00 pm Sculpt (Patty)</p>	<p>4</p> <p>9:30am Power Yoga (Tina)</p>
<p>5</p>	<p>6</p> <p>8:30am Instructor's Choice 10:00am SilverSneakers I 10:00am Adv. Sculpt (Megan) 11:00am Walking (Megan) 1:00 pm Sculpt (Patty) 4:00pm Body Pump (Tami) 5:00pm Power Yoga (Tina) 6:00 pm Inter. Sculpt (Megan) 7:00pm P90X Class (Mike) 7:00pm Zumba (Tami)</p>	<p>7</p> <p>8:30am Dance Aerobics (Jean) 8:30am Yoga Fusion (Megan) 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Sculpt (Judy) 7:00pm Qigong (Annie)</p>	<p>8</p> <p>8:00am Zumba (Christine) 8:30 am Instructor's Choice 9:30am Power Yoga (Tina) 10:00am SilverSneakers I MSROM (Connie) 10:30am Adv. Sculpt (Megan) 11:30am Walking (Megan)</p>	<p>9</p> <p>8:30am Dance Aerobics (Jean) 8:30am Yoga Fusion (Megan) 10:00 SilverSneakers II (Grace) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Inter. Sculpt (Megan) 7:00pm Zumba (Tami)</p>	<p>10</p> <p>8:30am Dance Aerobics (Jean) 9:00am Adv. Sculpt (Megan) 10:30am Body Pump (Tami) 11:30am Walking (Megan)</p>	<p>11</p> <p>9:30am Power Yoga (Tina)</p>
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