

Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11	Sunday 2/12
<p>Chisel 6:30AM - 7:00AM Group Fitness Studio, Vicky K.</p> <p>Zumba 8:30AM - 9:30AM Upstairs Studio, Kathy K.</p> <p>Intervals 9:00AM - 9:30AM Cardio Room, Linda B.</p> <p>Vinyasa Yoga 9:15AM - 10:30AM Mind/Body Studio, Jen M.</p> <p>Jumpboard Reformer 9:30AM - 10:30AM Reformer Studio, Natalie G.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Judy C.</p>	<p>Group Cycling 5:30AM - 6:30AM Spin Room, Neal M.</p> <p>Group Kick 9:00AM - 9:45AM Group Fitness Studio, Josh M.</p> <p>Group Cycling 9:30AM - 10:30AM Spin Room, Dawn H.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Cheri W.</p> <p>Bosu Blast 9:45AM - 10:45AM Group Fitness Studio, Linda B.</p> <p>Lil Yogis 10:00AM - 10:45AM Mind/Body Studio, Joan K.</p> <p>Pilates Reformer Tri Team 10:00AM - 11:00AM Pilates Studio, Amanda</p> <p>Power Yoga 10:45AM - 11:45AM Mind/Body Studio, Kari J.</p> <p>Zumba 10:45AM - 11:45AM Upstairs Studio, Christine H.</p>	<p>Group Power 6:00AM - 7:00AM Group Fitness Studio, Laura Z.</p> <p>Basic Step 8:15AM - 9:15AM Group Fitness Studio, Roxi B.</p> <p>Water Fitness 8:30AM - 9:30AM Outdoor Pool, Judy C.</p> <p>Hatha Yoga 9:15AM - 10:30AM Mind/Body Studio, Anne H.</p> <p>Total Body Conditioning 9:30AM - 10:30AM Group Fitness Studio, Stacy H.</p> <p>V2 Max Reformer 9:30AM - 10:30AM Reformer Studio, Natalie G.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Teresa F.</p> <p>Group Centergy 10:30AM - 11:30AM Group Fitness Studio, Lexi</p>	<p>Group Cycling 5:30AM - 6:30AM Spin Room, Neal M.</p> <p>Group Cycling 9:30AM - 10:30AM Spin Room, Dawn H.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Cheri W.</p> <p>Lil Yogis 10:00AM - 10:45AM Mind/Body Studio, Karri H.</p> <p>Yoga Sculpt 10:45AM - 11:45AM Mind/Body Studio, Amy K.</p>	<p>Total Body Conditioning 6:00AM - 7:00AM Group Fitness Studio, Vicky K.</p> <p>Group Power 8:30AM - 9:30AM Group Fitness Studio, Maria K.</p> <p>Water Fitness 8:30AM - 9:30AM Outdoor Pool, Judy C.</p> <p>Sports Training 9:15AM - 10:45AM Upstairs Studio, Rachel S.</p> <p>Vinyasa Yoga 9:15AM - 10:30AM Mind/Body Studio, Jen M.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Ulla M.</p> <p>Lengthen and Strengthen 10:30AM - 11:30AM Mind/Body Studio, Jill M.</p> <p>Group Centergy 10:45AM - 11:45AM Group Fitness Studio, Lexi B.</p> <p>Group Centergy 10:45AM - 11:45AM Mind Body Studio, Lexi</p>	<p>Group Cycling 8:30AM - 10:00AM Spin Room, Todd F.</p> <p>Chisel 9:00AM - 10:00AM Mind/Body Studio, Becky/Laura</p> <p>Intermediate Step 9:30AM - 10:30AM Group Fitness Studio, Rachel S.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Anna N.</p> <p>Conscience Yoga 10:00AM - 11:30AM Mind/Body Studio, Dascha F.</p> <p>Power Yoga 10:30AM - 11:30AM Group Fitness Studio, Kari J.</p>	<p>Advanced Step 8:30AM - 9:30AM Group Fitness Studio, Jill D.</p> <p>Vinyasa Yoga 9:00AM - 10:15AM Mind/Body Studio, Sam S.</p> <p>Group Cycling 9:15AM - 10:30AM Spin Room, Dawn H.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Anna N.</p>
<p>Pilates Reformer Circuit 11:00AM - 12:00PM Pilates Studio, Gina</p> <p>Group Cycling 12:00PM - 1:00PM Spin Room, Kathy R.</p> <p>Pilates Mat 12:00PM - 1:00PM Mind/Body Studio, Natalie G.</p>	<p>Jumpboard Reformer 12:00PM - 1:00PM Pilates Studio, Amanda</p>	<p>Boot Camp 12:00PM - 1:15PM Group Fitness Studio, Kathryn W.</p> <p>Cycle Circuit 12:00PM - 1:00PM Spin Room, Aaron Z.</p> <p>Pilates Mat 12:00PM - 1:00PM Mind/Body Studio, Natalie G.</p>	<p>Cardio Chisel 12:00PM - 1:00PM Upstairs Studio, Aaron Z.</p> <p>Group Centergy 12:00PM - 1:00PM Mind Body Studio, Shigeko</p> <p>Power Reformer 12:00PM - 1:00PM Pilates Studio, Gina</p>	<p>Group Cycling 12:00PM - 1:00PM Spin Room, Kathy R.</p> <p>Pilates Mat 12:00PM - 1:00PM Mind/Body Studio, Gina D.</p>		

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<p>Intermediate Step 5:00PM - 6:00PM Group Fitness Studio, Jeanie N.</p>	<p>Pilates Mat 5:30PM - 6:30PM Mind/Body Studio, Ulla M.</p>	<p>Intermediate Step 5:00PM - 6:00PM Group Fitness Studio, Rachel S.</p>	<p>Pilates Mat 5:30PM - 6:30PM Mind/Body Studio, Kelly R.</p>	<p>Group Power 5:00PM - 6:00PM Group Fitness Studio, Heidi O.</p>		
<p>Group Centergy 5:30PM - 6:30PM Mind Body Studio, Tim</p>	<p>Super Circuit 5:30PM - 6:30PM Group Fitness Studio, Kathryn W.</p>	<p>Pilates Reformer 5:30PM - 6:30PM Pilates Reformer Studio, Josie</p>	<p>Super Circuit 5:30PM - 6:30PM Group Fitness Studio, Aaron Z.</p>			
<p>Group Power 6:00PM - 7:00PM Upstairs Studio, Jeanie N.</p>		<p>Group Centergy 6:00PM - 7:00PM Mind Body Studio, Dena</p>	<p>Hatha Yoga 6:30PM - 7:30PM Mind/Body Studio, Lisa M.</p>			
<p>Hatha Yoga 6:30PM - 7:30PM Mind/Body Studio, Ellie M.</p>		<p>Group Power 6:00PM - 7:00PM Group Fitness Studio, Treenah H.</p>				
<p>Pilates Reformer - Level 2 6:30PM - 7:30PM Pilates Reformer Studio, Natalie</p>						

Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17	Saturday 2/18	Sunday 2/19
<p>Chisel 6:30AM - 7:00AM Group Fitness Studio, Vicky K.</p> <p>Zumba 8:30AM - 9:30AM Upstairs Studio, Kathy K.</p> <p>Intervals 9:00AM - 9:30AM Cardio Room, Linda B.</p> <p>Vinyasa Yoga 9:15AM - 10:30AM Mind/Body Studio, Jen M.</p> <p>Jumpboard Reformer 9:30AM - 10:30AM Reformer Studio, Natalie G.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Judy C.</p>	<p>Group Cycling 5:30AM - 6:30AM Spin Room, Neal M.</p> <p>Group Kick 9:00AM - 9:45AM Group Fitness Studio, Josh M.</p> <p>Group Cycling 9:30AM - 10:30AM Spin Room, Dawn H.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Cheri W.</p> <p>Bosu Blast 9:45AM - 10:45AM Group Fitness Studio, Linda B.</p> <p>Lil Yogis 10:00AM - 10:45AM Mind/Body Studio, Joan K.</p> <p>Pilates Reformer Tri Team 10:00AM - 11:00AM Pilates Studio, Amanda</p> <p>Power Yoga 10:45AM - 11:45AM Mind/Body Studio, Kari J.</p> <p>Zumba 10:45AM - 11:45AM Upstairs Studio, Christine H.</p>	<p>Group Power 6:00AM - 7:00AM Group Fitness Studio, Laura Z.</p> <p>Basic Step 8:15AM - 9:15AM Group Fitness Studio, Roxi B.</p> <p>Water Fitness 8:30AM - 9:30AM Outdoor Pool, Judy C.</p> <p>Hatha Yoga 9:15AM - 10:30AM Mind/Body Studio, Anne H.</p> <p>Total Body Conditioning 9:30AM - 10:30AM Group Fitness Studio, Stacy H.</p> <p>V2 Max Reformer 9:30AM - 10:30AM Reformer Studio, Natalie G.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Teresa F.</p> <p>Group Centergy 10:30AM - 11:30AM Group Fitness Studio, Lexi</p>	<p>Group Cycling 5:30AM - 6:30AM Spin Room, Neal M.</p> <p>Group Cycling 9:30AM - 10:30AM Spin Room, Dawn H.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Cheri W.</p> <p>Lil Yogis 10:00AM - 10:45AM Mind/Body Studio, Karri H.</p> <p>Yoga Sculpt 10:45AM - 11:45AM Mind/Body Studio, Amy K.</p>	<p>Total Body Conditioning 6:00AM - 7:00AM Group Fitness Studio, Vicky K.</p> <p>Group Power 8:30AM - 9:30AM Group Fitness Studio, Maria K.</p> <p>Water Fitness 8:30AM - 9:30AM Outdoor Pool, Judy C.</p> <p>Sports Training 9:15AM - 10:45AM Upstairs Studio, Rachel S.</p> <p>Vinyasa Yoga 9:15AM - 10:30AM Mind/Body Studio, Jen M.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Ulla M.</p> <p>Lengthen and Strengthen 10:30AM - 11:30AM Mind/Body Studio, Jill M.</p> <p>Group Centergy 10:45AM - 11:45AM Group Fitness Studio, Lexi B.</p> <p>Group Centergy 10:45AM - 11:45AM Mind Body Studio, Lexi</p>	<p>Group Cycling 8:30AM - 10:00AM Spin Room, Todd F.</p> <p>Chisel 9:00AM - 10:00AM Mind/Body Studio, Becky/Laura</p> <p>Intermediate Step 9:30AM - 10:30AM Group Fitness Studio, Rachel S.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Anna N.</p> <p>Conscience Yoga 10:00AM - 11:30AM Mind/Body Studio, Dascha F.</p> <p>Power Yoga 10:30AM - 11:30AM Group Fitness Studio, Kari J.</p>	<p>Advanced Step 8:30AM - 9:30AM Group Fitness Studio, Jill D.</p> <p>Vinyasa Yoga 9:00AM - 10:15AM Mind/Body Studio, Sam S.</p> <p>Group Cycling 9:15AM - 10:30AM Spin Room, Dawn H.</p> <p>Water Fitness 9:30AM - 10:30AM Outdoor Pool, Anna N.</p>
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