



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Monument Ave. 10K Running & Walking Training starts Sat. Feb. 3 @ 8:30am. Register Now!</p>			<p>Yoga - Fridays @ 8:30am Kim</p> <p>SPORT Mon 2/26 @ 6:30pm</p>	<p>1 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy</p>	<p>2 8:30am Yoga—Kim 9:30am Zumba® - Beth</p>	<p>3 9:00am Zumba® - April 10:00am Muscle Pump – April</p>
<p>4</p>	<p>5 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Tabata—Katrina</p>	<p>6 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer - Katrina</p>	<p>7 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Christine</p>	<p>8 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Muscle Pump – Tracy</p>	<p>9 8:30am Yoga—Kim 9:30am Zumba® - April</p>	<p>10 9:00am Zumba® - April 10:00am Muscle Pump – April</p>
<p>11</p> <p>Love Your Heart this Valentine's Day</p> <p>Go to the Gym</p>	<p>12 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Step - Melani</p>	<p>13 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump—Katrina</p>	<p>14 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Christine</p>	<p>15 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Body Bar Flex – Tracy</p>	<p>16 8:30am Yoga—Kim 9:30am Zumba® - April</p>	<p>17 9:00am Zumba® - April 10:00am Muscle Pump – April</p>
<p>18</p>	<p>19 Presidents' Day 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm 3-2-1 - Katrina</p>	<p>20 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer-Melani</p>	<p>21 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Christine</p>	<p>22 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Pilates on the Ball—Christine</p>	<p>23 8:30am Yoga—Kim 9:30am Zumba® - April</p>	<p>24 9:00am Zumba® - April 10:00am Muscle Pump – April</p>
<p>25 New Class Format-SPORT Functional core movements and basic strength training come together to create a total body workout for everybody, from the beginner to the experienced athlete. Equipment includes a step for box training, one heavy and one light dumbbell.</p>	<p>26 9:30am Zumba® – April 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm SPORT - Katrina</p>	<p>27 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump - Katrina</p>	<p>28 9:15am Cardio / Strength Combo—Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Christine</p>			<p>Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm</p>