

# February Fitness Class Schedule



<b>Land Fitness Classes</b>		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			<b>Power Tone</b> Andrea	<b>Step &amp; Tone</b> Emily	<b>Power Tone</b> Katrina D.	<b>321Hiit</b> Asha	
	6:10 AM		<b>321Hiit</b> Andrea	<b>Core Fusion</b> Nicole	<b>HiLo Power</b> Jenny	<b>Yoga</b> Jenny N.	<b>Power Tone</b> Andrea	
	7:10 AM			<b>Yoga</b> Karina				<b>Turbokick</b> Liz H.
	8:10 AM		<b>Power Tone</b> Torri	<b>Zumba</b> Leslie	<b>MultiStep</b> Liz H.	<b>321 Hiit</b> Liz H.	<b>Yoga</b> Sapientia	<b>Power Tone</b> Liz H.
	9:10AM		<b>Turbokick</b> Jessica	<b>Step</b> Liz H.	<b>Barre&amp; Pilates</b> Sheri	<b>Zumba</b> Leslie	<b>HiLo Power</b> Nicole	<b>Step</b> Kristi
	9:10am Blue Gym		<b>Barre</b> Emily	<b>Recsanify</b> Wendy 30 minutes		<b>Recsanify</b> Jenny N. 30 minutes	<b>Power Tone</b> Wendy	
	10:10 AM		<b>Yoga</b> Mandy	<b>Yoga</b> Joani	<b>Tai Chi</b> Connie	<b>Yoga</b> Wendy	<b>Zumba</b> Tiffany	<b>Zumba</b> Patti
	10:10 AM. Blue Gym	<b>Yoga</b>			<b>Power Tone</b> Ericka			
	11:10am	<b>10:00am Mandy/ Sapientia 90 minutes</b>	<b>SilverSneakers</b> Classic Christi	<b>SilverSneakers</b> Yoga Joani	<b>SilverSneakers</b> Circuit Sheri	<b>SilverSneakers</b> Yoga Heather	<b>SilverSneakers</b> Classic Emily	<b>Yoga</b> Staff
	12:10pm					<b>Tai Chi</b> Connie		
	5:10pm		<b>Yoga</b> Misty		<b>Power Tone</b> Asha			
	6:10 PM		<b>Zumba</b> Katrina C.	<b>321Hiit</b> Maddie	<b>Zumba</b> Patti	<b>Power Tone</b> Farron		
	7:10 PM		<b>Step</b> Nikke	<b>Zumba</b> Tiffany	<b>Pilates</b> Patti	<b>Step</b> Melissa		
	8:10 PM		<b>Pilates</b> Patti	<b>Yoga</b> Megan	<b>Yoga</b> Sapientia	<b>Yoga</b> Mandy		
9:10 PM					<b>Zumba</b> Katrina C.			

<b>KIDS</b> (30minutes)		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM			<b>Kid Fitness (ages 5+)</b> Christi <b>STARTS AT 4:15PM</b>	<b>Kid Fitness (ages 5+)</b> Melissa	<b>Kid Fitness (ages 5+)</b> Chanell			

<b>Water Fitness Classes</b>		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 AM Deep		<b>X-Challenge</b> Lavinia	<b>Go the Distance</b> Louise	<b>Aqua Fit</b> Patrice	<b>Go the Distance</b> Louise	<b>X-Challenge</b> Lavinia	
	6:00 AM Shallow		<b>Push-it</b> Louise	<b>Aqua Fit</b> MerLynn	<b>Push-it</b> Jana	<b>Aqua Fit</b> MerLynn	<b>Push-it</b> Kathleen	
	7:00AM Shallow		<b>Interval Training</b> Susan	<b>X-Challenge</b> Patrice	<b>Body Sculpting</b> Susan	<b>Tabata &amp; Tone</b> Karina		
	8:00 AM Shallow		<b>Body Sculpting</b> Annie	<b>Circuit Training</b> Julie T.	<b>Aqua Kickbox</b> Julie B.	<b>Circuit Training</b> Julie T.	<b>Aqua Boot Camp</b> Karina	<b>Aqua Fit Amber-1st &amp;2nd X-Challenge Lavinia-3rd, 4th, 5th</b>
	9:00AM Deep		<b>Aqua Tone</b> Liz	<b>Interval Training</b> Catharine	<b>Circuit Training</b> Julie T.	<b>Deep Fitness</b> Steff/ Lauri	<b>Cardio Endurance</b> Julie B.	
	9:00AM Shallow		<b>SilverSneakers Splash</b> Lauri	<b>Aqua Zumba</b> Linda	<b>SilverSneakers Splash</b> Steff/Liz	<b>Aqua Zumba</b> Linda	<b>SilverSneakers Splash</b> Annie	
	10:00 AM Shallow		<b>Strengthen &amp; Tone</b> Lauri	<b>Float Fit</b> Wendy	<b>Strengthen &amp; Tone</b> Steff/Lauri	<b>Float Fit</b> Sue/Annie/Mandy	<b>Strength &amp; Tone</b> Lauri	
	8:00 PM Comp		<b>Power Aquatics</b> Rebecca	<b>Fun Fitness</b> Kim		<b>Power Aquatics</b> Rebecca		
	9:00 PM Deep			<b>Power Aquatics</b> Kim		<b>30 min Cardio &amp; Core</b> Rebecca		
9:15 PM Shallow			<b>Float Fit</b> Jenny S.					

<b>CYCLE</b>		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			<b>CYCLE</b> Liz H.		<b>CYCLE</b> Adrienne		
	7:00 AM				<b>CYCLE</b> Karina			<b>CYCLE</b> Janene
	8:10 AM			<b>CYCLE</b> Linda Starts at 8am				<b>CYCLE</b> Adrienne
	9:10 AM		<b>CYCLE</b> Janene		<b>CYCLE</b> Farron		<b>CYCLE</b> Janene	
	6:10 PM		<b>CYCLE</b> Farron					
7:10 PM					<b>CYCLE</b> Farron			

**CYCLE**-Registration is available online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Reservations void at the start of class. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

Float Fit/FFLOGA-Registration is available online up to 1 week in advance. Arrive at least 5 minutes early to secure your board. Reservations may be given away at class time. Water bottles are encouraged.

Water Classes are located in the following locations: Shallow: Leisure pool lap lanes, Deep: Competition pool deep end, Comp Shallow: Competition pool shallow end

All instructors & formats are subject to change without notice. Some classes may be cancelled or added without notice. For up to date info follow us on Facebook and Instagram.