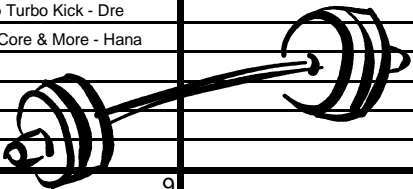
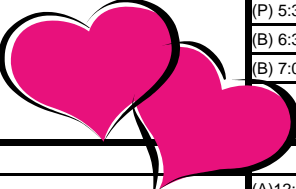




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
<h1 style="color: red; text-align: center;">February Group Fitness</h1>			(R) 5:30 - 6:30p Tai Chi - Chris	(B) 4:30 - 5:30p Circuit - Bryanna	(B) 12:00 - 1:00p Box Fit - Bryanna	(B) 10:05 - 10:55a Zumba-Amberlyn	
			(B) 5:25 - 6:25p Zumba - Debbie	(P) 5:30 - 6:30p Aqua Tone - Debbie			
			(A) 6:30 - 7:30p Core & More - Anna	(A) 5:30 - 6:30p Turbo Kick - Dre			
			(B) 7:00-8:00p Yoga - Brooke	(A) 7:00-8:00p Core & More - Hana			
						<p>FITNESS TRIVIA: What is the smallest muscle in the body?</p>	
5	6	7	8	9	10	11	
	(A) 12:00p-12:15 Crunch Time-Destinee	(P) 6:30 - 7:15a Swim Trainer - Claire	(R) 5:30 - 6:30p Tai Chi - Chris	(B) 4:30 - 5:30p Circuit - Bryanna	(B) 12:00 - 1:00p Box Fit - Bryanna	(B) 10:05 - 10:55a Zumba-Amberlyn	
	(A) 12:15p-1:00p PiYo - Destinee	(B) 4:30 - 5:30p Circuit - Janna	(B) 5:25 - 6:25p Zumba - Debbie	(P) 5:30 - 6:30p Aqua Tone - Debbie			
	(B) 5:30 - 6:30p Turbo Circuit - Lindy	(A) 5:30 - 6:30p PiYo - Destinee	(A) 6:30 - 7:30p Core & More - Anna	(A) 5:30 - 6:30p Turbo Kick - Dre			
	(P) 5:30 - 6:30p Aqua Tone - Debbie	(P) 5:30 - 6:30p Water Running-Hana	(B) 7:00-8:00p Yoga - Brooke	(A) 7:00-8:00p Core & More - Hana			
	(B) 6:35 - 6:55p Crunch Time - Lindy	(B) 6:30-7:30p Zumba - Amberlyn	<p>Dance, Mind/Body, Core, Kickboxing, Cardio, Resistance Training: We have a class for you!</p>				
(B) 7:00 - 8:00p Zumba - Debbie						<p>Kick up your Friday with BOX FIT!</p> 	
	13	14	15	16	17	18	
<p>Did you know? Over \$1 billion worth of chocolate is purchased for V-Day in the US!</p>	(A) 12:00p-12:15 Crunch Time-Destinee	(P) 6:30 - 7:15a Swim Trainer - Claire	(R) 5:30 - 6:30p Tai Chi - Chris	(B) 4:30 - 5:30p Circuit - Bryanna	(B) 12:00 - 1:00p Box Fit - Bryanna	(B) 10:05 - 10:55a Zumba-Amberlyn	
	(A) 12:15p-1:00p PiYo - Destinee	(B) 4:30 - 5:30p Circuit - Janna	(B) 5:25 - 6:25p Zumba - Debbie	(P) 5:30 - 6:30p Aqua Tone - Debbie			
	(B) 5:30 - 6:30p Turbo Circuit - Lindy	(A) 5:30 - 6:30p PiYo - Destinee	(A) 6:30 - 7:30p Core & More - Anna	(A) 5:30 - 6:30p Turbo Kick - Dre			
	(P) 5:30 - 6:30p Aqua Tone - Debbie	(P) 5:30 - 6:30p Water Running-Hana	(B) 7:00-8:00p Yoga - Brooke	(A) 7:00-8:00p Core & More - Hana			
	(B) 6:35 - 6:55p Crunch Time - Lindy	(B) 6:30-7:30p Zumba - Amberlyn	<p>Valentine's Day</p>				<p>Weekend Workout: ZUMBA!</p>
(B) 7:00 - 8:00p Zumba - Debbie							
19	20	21	22	23	24	25	
<p>FOUR Water Workouts each week!</p>	(A) 12:00p-12:15 Crunch Time-Destinee	(P) 6:30 - 7:15a Swim Trainer - Claire	(R) 5:30 - 6:30p Tai Chi - Chris	(B) 4:30 - 5:30p Circuit - Bryanna	(B) 12:00 - 1:00p Box Fit - Bryanna	(B) 10:05 - 10:55a Zumba-Amberlyn	
	(A) 12:15p-1:00p PiYo - Destinee	(B) 4:30 - 5:30p Circuit - Janna	(B) 5:25 - 6:25p Zumba - Debbie	(P) 5:30 - 6:30p Aqua Tone - Debbie			
	(B) 5:30 - 6:30p Turbo Circuit - Lindy	(A) 5:30 - 6:30p PiYo - Destinee	(A) 6:30 - 7:30p Core & More - Anna	(A) 5:30 - 6:30p Turbo Kick - Dre			
	(P) 5:30 - 6:30p Aqua Tone - Debbie	(P) 5:30 - 6:30p Water Running-Hana	(B) 7:00-8:00p Yoga - Brooke	(A) 7:00-8:00p Core & More - Hana			
	(B) 6:35 - 6:55p Crunch Time - Lindy	(B) 6:30-7:30p Zumba - Amberlyn					
(B) 7:00 - 8:00p Zumba - Debbie						<p>TRIVIA ANSWER: Stapedius - located in the middles ear</p>	
26	27	28	29				
<p>Combine Kickboxing with Resistance Training in Turbo Circuit!</p>	(A) 12:00p-12:15 Crunch Time-Destinee	(P) 6:30 - 7:15a Swim Trainer - Claire	(R) 5:30 - 6:30p Tai Chi - Chris				
	(A) 12:15p-1:00p PiYo - Destinee	(B) 4:30 - 5:30p Circuit - Janna	(B) 5:25 - 6:25p Zumba - Debbie				
	(B) 5:30 - 6:30p Turbo Circuit - Lindy	(A) 5:30 - 6:30p PiYo - Destinee	(A) 6:30 - 7:30p Core & More - Anna				
	(P) 5:30 - 6:30p Aqua Tone - Debbie	(P) 5:30 - 6:30p Water Running-Hana	(B) 7:00-8:00p Yoga - Brooke				
	(B) 6:35 - 6:55p Crunch Time - Lindy	(B) 6:30-7:30p Zumba - Amberlyn					
(B) 7:00 - 8:00p Zumba - Debbie					<p>Room Key</p> <p>(A) Room 122</p> <p>(B) Room 206</p> <p>(P) Pool</p> <p>(R) Racquetball Court 1</p>		