

CARDIO & STRENGTH

February 2011 Class Fitness Schedule

AM

Revised 2-3-11

Toby Wells Location							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		5:30 a.m. - 6:30 a.m. Power Hour TBD ALL <i>Studio 4</i>	5:30 a.m. - 6:30 a.m. TBW Erica ALL <i>Studio 4</i>	5:30 a.m. - 6:30 a.m. Power Hour TBD ALL <i>Studio 4</i>			
8:00 AM	8:00 a.m. - 9:00 a.m. Zumba Lori ALL <i>Studio 4</i>		8:00 a.m. - 9:00 a.m. Zumba Gold Lizabeth ALL <i>Studio 2</i>	8:00 a.m. - 8:55 a.m. TBW Gold Jen A. ALL <i>Studio 1</i>	8:00 a.m. - 9:00 a.m. Zumba Rorie ALL <i>Studio 2</i>		
	8:30 a.m. - 9:25 a.m. TBW Patricia ALL <i>Studio 4</i>	8:30 a.m. - 9:25 a.m. TBW Jen D. ALL <i>Studio 4</i>	8:30 a.m. - 9:25 a.m. Sports Drills Mike P. ALL ☺ <i>Studio 4</i>	8:30 a.m. - 9:25 a.m. TBW Patricia ALL <i>Studio 4</i>	8:30 a.m. - 9:25 a.m. Strength Alley ALL <i>Studio 4</i>	8:30 a.m. - 9:25 a.m. Zumba Leo ALL ☺ <i>Studio 4</i>	
9:00 AM							9:15 a.m. - 10:15 a.m. Strength Katrina ALL <i>Studio 4</i>
	9:30 a.m. - 10:25 a.m. Low Impact Jill ALL <i>Studio 4</i>	9:30 a.m. - 10:25 a.m. Low Impact Lorrel ALL <i>Studio 4</i>	9:30 a.m. - 10:25 a.m. TBW Lori ALL <i>Studio 4</i>	9:30 a.m. - 10:25 a.m. Turbo Kick Rorie ALL ☺ <i>Studio 4</i>	9:30 a.m. - 10:25 a.m. Low Impact Jill ALL <i>Studio 4</i>		
10:00 AM						10:35 a.m. - 11:30 a.m. TBW Darlene/Cindy ALL <i>Studio 4</i>	
	10:30 a.m. - 11:30 a.m. Sports Drill Patricia/Alley ALL ☺ <i>Studio 4</i>		10:30 a.m. - 11:30 a.m. Zumba Lori ALL ☺ <i>Studio 4</i>		10:30 a.m. - 11:25 a.m. Sports Drills Patricia/Alley ALL ☺ <i>Studio 4</i>		
11:00 AM		11:00 a.m. - 11:45 a.m. Turbo Kick Rorie ALL <i>Studio 4</i>					



\$ = Shaded time slots reflect fee-based class.

☺ = Baby Friendly

Ⓣ = Tween Friendly

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February 2011 Class Fitness Schedule

PM

Revised 2-3-11

Toby Wells Location							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 PM	12:00 p.m. - 12:30 p.m. TBW Patricia ALL Studio 4	12:00 p.m. - 12:55 p.m. Strength Alley ALL Studio 4	12:00 p.m. - 12:30 p.m. TBW Patricia ALL Studio 4	12:00 p.m. - 12:55 p.m. Strength Alley ALL Studio 4	12:00 p.m. - 12:55 p.m. Cardio Sculpt Alley ALL Studio 4		12:00 p.m. - 1:00 p.m. Zumba Fleeta ALL ☺ Studio 3
	12:30 p.m. - 1:00 p.m. Power Core Patricia ALL Studio 4		12:30 p.m. - 1:00 p.m. Power Core Patricia ALL Studio 4				
2:00 PM	2:45 p.m. - 5:15 p.m. Kids Fitness Chad ALL \$ Studio 4		2:45 p.m. - 5:15 p.m. Kids Fitness Chad ALL \$ Studio 4				
4:00 PM	4:30 p.m. - 5:30 p.m. Strength Jen D. ALL Studio 4		4:30 p.m. - 5:30 p.m. Strength Jen D. ALL Studio 4				
5:00 PM	5:35 p.m. - 6:30 p.m. TBW Kelly ALL Studio 4	5:35 p.m. - 6:30 p.m. Step Corrie ALL Studio 4	5:35 p.m. - 6:30 p.m. TBW Shelby ALL Studio 4	5:35 p.m. - 6:30 p.m. TBW Shelby ALL Studio 4	5:30 p.m. - 6:30 p.m. Step & Strength Molly/Shari ALL Studio 4		
				5:30 p.m. - 6:30 p.m. Zumba Leo ALL ☺ Studio 1			
6:00 PM	6:35 p.m. - 7:35 p.m. Step & Strength Shari/Molly ALL Studio 4	6:30 p.m. - 7:45 p.m. Zumba Fleeta ALL ☺ Studio 4	6:35 p.m. - 7:35 p.m. Step & Strength Shari/Molly ALL Studio 4	6:35 p.m. - 7:45 p.m. Zumba Fleeta ALL ☺ Studio 4			



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