



February 2019 Fitness Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Open	2 8am-9:20am Core & Stretch 9:30am-10:30am Zumba
3 Open	4 6:30pm - 7:30pm Zumba	5 10am - 11am Tai Chi - Laughter Yoga	6 6:30pm - 7:30pm Zumba	7 10am - 11am Tai Chi - Laughter Yoga 5:30pm-6:20pm Spinning	8 Open	9 8am-9:20am Core & Stretch
10 Open	11 6:30pm - 7:30pm Zumba	12 10am - 11am Tai Chi - Laughter Yoga	13 6:30pm - 7:30pm Zumba	14 10am - 11am Tai Chi - Laughter Yoga 5:30pm-6:20pm Spinning Happy Valentines	15 Open	16 8am-9:20am Core & Stretch
17 Open	18 6:30pm - 7:30pm Zumba	19 10am - 11am Tai Chi - Laughter Yoga	20 6:30pm - 7:30pm Zumba	21 10am - 11am Tai Chi - Laughter Yoga 5:30pm-6:20pm Spinning	22 Open	23 8am-9:20am Core & Stretch
24 Open	25 6:30pm - 7:30pm Zumba	26 10am - 11am Tai Chi - Laughter Yoga	27 6:30pm - 7:30pm Zumba	28 10am - 11am Tai Chi - Laughter Yoga 5:30pm-6:20pm Spinning		

**Times not designated are for “Open Use”
However, the schedule could change without prior notice.**