



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

February

# HEALTHY LIVING

## GROUP CLASS SCHEDULE

\*Indicates class will be held in one one of the gyms.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:55am <b>Step</b> Cathy	5:40-6:35 <b>cycling</b> Brittany	6:00-6:55am <b>HIITS</b> Brittany/Michelle H.		6:00-6:55am <b>Step</b> Cathy	
8:00-8:55am <b>Total Body</b> Kellee	8:00-8:55am <b>Yoga Flow*</b> MaryLou	8:00-8:55am <b>Body Sculpt</b> Andrea		8:00-8:55am <b>Total Body</b> Kellee	8:00-8:55am <b>Yoga*</b> Sharon V.
	8:00-8:55am <b>Cycling</b> Karen		8:00-8:55am <b>Cycling</b> Karen	9:00-9:55 <b>Instructor's Choice</b> Andrea	8:00-8:55am <b>Cycling</b> Karen
9:00-9:55am <b>Step</b> Renee	9:00-9:55am <b>Fat Shredder</b> Kellee	9:00-9:55am <b>Cardio Interval</b> Renee	9:00-9:55am <b>Body Sculpt*</b> Kellee		9:00-9:55am <b>Step</b> Cathy/Tanya
10:00-10:55am <b>Tabata Sculpt</b> Andrea	10:00-10:55am <b>Body Sculpt</b> Renee	10:00-10:55am <b>Cardio Burst and Sculpt</b> Sara		10:00-10:55am <b>Holy/ Yoga Stretch*</b> Jessica	10:00 - 10:55am <b>Body Sculpt</b> Kellee
10:00-10:55am <b>Yoga Stretch*</b> MaryLou		10:00-10:55am <b>Yoga Stretch*</b> Mary Lou		10:30-11:25am <b>PIYO</b> Jacquie	
11:00-11:55am <b>Zumba</b> Michelle S.		11:00-11:55am <b>Zumba</b> Eira			

4:30-5:25 <b>Cycling</b> Sandra					
5:30-6:25pm <b>Cardio Burst Sculpting</b> Sara	5:30-6:25pm <b>Dance2Fit</b> Jacquie +13/w parent	5:30-6:25pm <b>Cardio-Tone-3</b> Sandra	5:30-6:25pm <b>Dance2Fit</b> Jacquie +13/w parent	5:30pm -6: 25pm <b>Sculpt &amp; Sweat</b> Michelle H.	
6:30-7:25pm <b>Zumba</b> Michelle S.	6:30pm - 7:25pm <b>TNT</b> Sandra	6:30 - 7:25pm <b>Cycling</b> Sandra	6:30pm - 7:25pm <b>HardCore</b> Michelle H.		
7:30pm - 8:25pm <b>Pilates</b> Karen	7:30-8:25pm <b>Yoga</b> Tanya	7:30 - 8:25pm <b>Pilates</b> Karen	7:30-8:25pm <b>Yoga</b> Tanya		

\*\*Please note: - Classes may be canceled if they do not maintain a high enough participation level.\*\*

\*You must be 13 or older and accompanied by a parent to participate in Dance2Fit\*



