









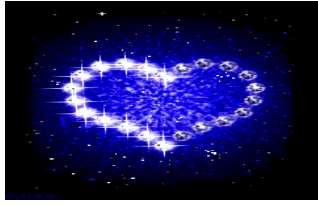


# Health Plus Group Fitness

## FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:15 am	 Brandi		 Brandi (45 min)		 Amanda	8:10 am	<b>CARDIO</b> 2: Strong-Sean 9: Attack-Abbie 16: Step-Liz D. 23: Circuits-Jamie
8:10 am	<b>ZUMBA</b> Kim	 Abbie	<b>ZUMBA</b> Sean	 Stacey	<b>STRONG</b> Sean 1: Bea-Step	9:15 am	<b>BODYPUMP</b> 2: Amanda 9: Abbie 16: Liz 23: Brandi
9:15 am	<b>*PILATES*</b> Becky	<b>STRONG</b> Abi	<b>*PILATES*</b> Becky	<b>STRONG</b> Abi	Circuits on the Track Jamie	 Abbie	10:30 am <b>*YOGA BASICS*</b> 2: Brenda 9: Robin K. 16: Brenda 23: Greshanda
10:30 am	<b>*LOW IMPACT*</b> Liz D.	<b>*YOGA*</b> <b>BASICS</b> Robin K.	<b>*LOW IMPACT*</b> Liz D.	<b>*YOGA*</b> <b>BASICS</b> Brenda	<b>*ZUMBA Gold*</b> Kim	<b>SUNDAY</b>	
4:30 pm	 Abbie	 Liz H.	<b>TABATA TIMING</b> Sara	 Abbie	<b>*ZUMBA Gold*</b> Lyn		
5:35 pm	 Abbie	<b>TABATA TIMING</b> Armon	<b>STRONG</b> Sean & Robin M.	<b>ZUMBA</b> Robin M. 7: Jamila		3:15 pm	<b>*YOGA BASICS*</b> 3: Robin K 10: Bea 17: Brenda 24: Bea
6:45 pm	<b>ZUMBA</b> Sean	<b>ZUMBA</b> Jamila		<b>*INTRO TO CYCLING/YOGA BASICS</b> Robin K 14: No class	<b>*NEW ZUMBA CLASS TUESDAYS AT 6:45 PM AND NEW CIRCUITS CLASS 9:15 AM THURSDAYS!!!!</b> <b>*ALL CLASSES MARKED WITH AN **INDICATE A LOW IMPACT CLASS</b> <b>*ALL CLASSES HAVE LOW IMPACT OPTIONS</b> <b>ALL GROUP FITNESS CLASSES ARE FREE!!</b>		

