

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>1</p> <p>8:30 Full body stretch 9:00 Silver Sneakers Boom 9:45 Silver Sneakers Yoga 5:00pm Sculpt & tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Functional Movement</p>	<p>2</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise</p>	<p>3</p> <p>8:30 Full body stretch 5:00pm Sculpt & tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Functional Movement</p>	<p>4</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise 6:15pm Pilates Flow</p>	<p>5</p> <p>7:30 Pilates Flow 8:30 Full body stretch SATURDAY, FEB 6 8:00 Jazzercise</p>
<p>8</p> <p>8:30 Full body Stretch 9:00 Silver Sneakers Boom 9:45 Silver Sneakers Yoga 5:00pm Sculpt & tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Functional Movement</p>	<p>9</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise</p>	<p>10</p> <p>8:30 Full body stretch 5:00pm Sculpt & Tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Functional Movement</p>	<p>11</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise 6:15pm Pilates Flow</p>	<p>12</p> <p>7:30 Pilates Flow 8:30 Full body stretch SATURDAY, FEB 13 8:00am Jazzercise</p>
<p>15</p> <p>8:30 Full Body Stretch 9:00 Silver Sneakers Boom 9:45 Silver Sneakers Yoga 5:00pm Sculpt & tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Functional Movement</p>	<p>16</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise</p>	<p>17</p> <p>8:30 Full body Stretch 5:00pm Sculpt & tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15 Functional Movement</p>	<p>18</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise 6:15pm Pilates Flow</p>	<p>19</p> <p>7:30 Pilates Flow 8:30 Full body stretch SATURDAY, FEB 20 8:00 Jazzercise</p>
<p>22</p> <p>8:30 Full Body Stretch 9:00 Silver Sneakers Boom 9:45 Silver Sneakers Yoga 5:00pm Sculpt & tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15pm Functional Movement</p>	<p>23</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise</p>	<p>24</p> <p>8:30 Full body stretch 5:00pm Sculpt & Tone 5:00pm Jazzercise 5:30pm This Ain't No Dance Cl 6:15 Functional Movement</p>	<p>25</p> <p>6:00 Sunrise Cycle 10:00 Silver Sneakers Classic 4:30pm Cardio Bootcamp 5:15pm Cardio Yoga 6:30pm 4X4 HIIT 5:00pm Jazzercise 6:15pm Pilates Flow</p>	<p>26</p> <p>7:30 Pilates Flow 8:30 Full Body Stretch SATURDAY, FEB 27 8:00 Jazzercise</p>
	<p>February</p>			<p>Fitness Classes</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	2 8:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	3 8:00am H2O Fitness 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	4 8:00am Move it H2O 9:00am H2O fitness 4:00pm Swim Lessons	5 9:00am Aqua Joints
8 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	9 8:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	10 8:00am H2O Fitness 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	11 8:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	12 9:00am Aqua Joints
15 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	16 9:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	17 8:00am H2O Fitness 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	18 8:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	19 9:00am Aqua Joints
22 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	23 8:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	24 8:00am H2O Fitness 9:00am Aqua Joints 5:00pm Pure Aqua Aerobics	25 8:00am Move it H2O 9:00am H2O Fitness 4:00pm Swim Lessons	26 9:00am Aqua Joints
	February	Aquatic Classes		