

STAFF HOURS:  
 Mon-Thu 8:00am-8:00pm  
 Fri- 8:00am-6:00pm  
 Sat- 8:00am-12:00 noon

# CLUB FITNESS FEBRUARY 2019

CHILDCARE HOURS  
 Mon-Fri 8:30am- 12:00 noon  
 Mon-Thu 4:00pm-7:30pm  
 Sat 9:00am-12:00 noon

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	 Hal F				 Hal F	
8:30 AM			 Tesia	yoga Jenna 8:45		
9:00 AM	 Cindy S				 STEP	 Cindy F / Larsen
9:15 AM		Party Spin Paula D		Party Spin Paula D		 tone
9:30 AM		Classic Becky	 Cindy S			
10:00 AM	Cardio, Toning, and Abs Jessica			Classic Becky	 POUND & yoga Jessica	 LES MILLS BODYPUMP
10:30 AM		yoga Tesia	 CardioFit 10:45			
11:00 AM	 Cardio Circuit Becky					 ZUMBA fitness
12:15 PM	Yoga  Becky 12:00	 Jessica	 Tammy/Melissa	 Jessica		
4:30 PM	 Lucy	 Michele		 Michele		
5:00 PM		 Cindy F		 Cindy F		
5:30 PM	 Cindy S	 Michele	 tone	 Ashley		
	 Cindy C		 Cindy C			
6:00 PM		 Mark		 Mark		
6:30 PM	 Melissa		 Party Spin			