 FEBRUARY 2020 Fitness Class Schedule

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | | Friday | Saturday |
| 3  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | **4**  11 **Pain Aerobics 5:20 AM\***  **Piyo 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 5  **Pain Aerobics 5:20 a.m.\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 6 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | | 7  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 8  **Zumba with Suzanne 8:45AM** |
|  |  |  |  | |  |  |
| 10  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 11 **Pain Aerobics 5:20 AM\***  **Piyo 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 12  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 13 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | | 14  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 15  **Zumba with Suzanne 8:45AM** |
|  |  |  |  | |  |  |
| 17  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 18 **Pain Aerobics 5:20 AM\***  **Piyo 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 19  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 20 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | | 21  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 22  **Zumba with Suzanne 8:45AM** |
|  |  |  |  | |  |  |
| 24  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 25 **Pain Aerobics 5:20 AM\***  **Piyo 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 26  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 27  **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | | 28  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 29  **Zumba with Suzanne 8:45AM** |
|  |  |  |  | |  |  |
|  |  |  | \*This is a House of Pain Class  $3.00 for members  $5.00 for non members  **Pain Aerobics\*** |
|  |  |  |  | |  |  |