 FEBRUARY 2020 Fitness Class Schedule

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| --- | --- | --- | --- | --- | --- |
| 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** |
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| 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** |
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|  |  |  | \*This is a House of Pain Class$3.00 for members$5.00 for non members**Pain Aerobics\*** |
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