



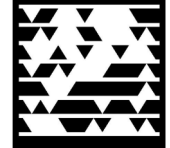



EAST - February Group Exercise

| | Monday | Tuesday | Wed. | Thursday | Friday | Saturday | Sunday |
|----------|---|--|---|---|---|---|------------------|
| 5:30 AM | Cycle Jonet | | Cycle Jonet | | Cycle Jonet | 8am Johnna  | |
| 7:30 AM | Cycle Mary | | Cycle Melanie | | Cycle Yvette | | |
| 9:30 AM | | Pilates Sandra | | Pilates Sandra | Power Pilates Sandra | 9:00 AM Boot Camp Carliss | |
| 12:00 PM |  Johnna | | Boot Camp Chris | Boxing Circuit Carliss | | | Cycle Carliss |
| 5:30 PM | Cycle Carliss Zumba® Kim A. | Cycle Lexie Boot Camp Carliss | Cycle Carliss Zumba® Kim A. | Cycle Liz Cardio Circuit Johnna | Kids Klub Hours: Mon-Thurs 8a-11a & 4:30p-7:30p Fri 8a-11a Sat 8a-12p | | |
| 6:15 PM | Cycle Carliss | | | |    | | |
| 6:30 PM | Yoga Mary | Pilates Ruby |  Carliss | Boot Camp Carliss | | | |

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