





















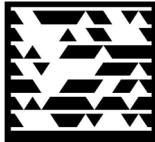






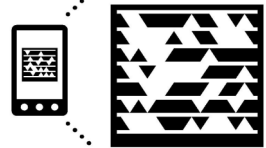


# NEWBURGH - February Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	 Megan (SA)	Cycle (SA) Elaine 	 Megan (SA)	Cycle (SA) Breann 	Cycle (SA) Elaine  7a-7:45a Jeanine Forever Senior Fit		
8:00 AM	Strength (SA) Lisa	ZUMBA® Courtney 	 Katee	ZUMBA® Courtney 	Strength (SA) Sarah	Cycle (SA) Rotate 	
8:15 AM	Senior Aqua Jeanine		Senior Aqua Jeanine		Senior Aqua Lori		
9:00 AM	 Angela  Aqua Combo Jeanine	 Polar Cycle (SA) Breann	 Sarah (SA)  Aqua Combo Jeanine	 Cycle (SA) Nicole  Aqua Kick Combo Jeanine	 Jeanine (SA)  Aqua Combo Lori	  Theresa  Yoga (SB) Elizabeth	 4:00pm (SA) Angela
10:00 AM	 Nicole (SA)  	 Sarah  Arthritis Aquatics Kim	Vinyasa Yoga (SB) Mary	 Mary  Arthritis Aquatics Kim	Yoga (SB) Mary  ZUMBA® (SA) 5:45pm Kim A.	 Theresa (SA)  Kids PE Victoria	Pilates (SA) 5:00pm Ruby
5:15 PM	Aqua Combo Theresa		Aqua Combo Theresa		<div style="display: flex; flex-direction: column; align-items: center;"> <div style="text-align: center;"> <b>Kids Klub Hours:</b>                      Mon-Thurs                      8a-1p &amp; 4p-8p                      Fri 8a-1p &amp; 4p-7p                      Sat 8a-1p                 </div> <div style="display: flex; justify-content: space-around; width: 100%;">   </div> <div style="display: flex; justify-content: space-around; width: 100%;">   </div> <div style="text-align: center; margin-top: 10px;">                     Get the free mobile app at  <a href="http://gettag.mobi">http://gettag.mobi</a> </div> </div>		
5:30 PM	Butts N Guts (SA) Renee 	Interval Step (SA) Theresa  Pilates (SB) Kristen	 Angela (SA) 	 Polar Step (SA) Theresa  Pilates (SB) Kristen			
6:30 PM	Strength/Stretch (SA) Renee	 Nicole (SA)	Yoga (SB) Lindsay Cycle (SA) Nicole 	 Theresa (SA)			

SA = Studio A  
 SB = Studio B



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