

NORTH - February Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	4:45 AM Cycle 5:45 AM Tamara	Strength Lauren	4:45 AM Cycle 5:45 AM Tamara	 Lauren			 3pm Lexie 4pm Yoga Andrew
8:00 AM		Cycle Tamara		Cycle Jack	Cycle Lexie	 Lindsay	
8:15 AM	Senior Aqua Severin		Senior Aqua Severin				
9:00 AM	 Mellissa	 Mellissa Aqua Aerobics Severin	 Mellissa		 Mellissa Turbo Aqua Severin	 Crystal Kids P.E. Lexie	
10:00 AM		 Annette	 Mellissa	9:30am Pilates Liz		 Lexie	
10:15 AM				Yoga Liz			
11:00 AM	Seniors Aerobics Kelly	Seniors Aqua Severin	Seniors Aerobics Lexie	Seniors Aqua Severin	<p>Kids Klub Hours: Mon-Thurs 8a-1p & 4p-8p Fri 8a-1p & 4p-7p Sat 8a-12p</p>    <p>Get the free mobile app at http://gettag.mobi</p>		
5:30 PM	Boot Camp Chris Aqua Aerobics Jeanine	 Crystal	 Elizabeth Aqua Aerobics Jeanine	 Lexie			
6:30 PM	 Lindsay	Zumba® Kim A.	Boot Camp Chris	Cycle & Abs Tamara (75 min)			