








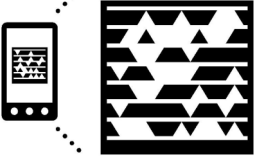


WEST - February Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Body Blast Lauren	Cycle Sarah	Body Blast Meghann	Cycle Liz	Body Blast Lauren		
7:15 AM	Seniors' Kick Lauren	Seniors' Tone Elizabeth	Seniors' Aerobics Liz	Seniors' Group Power Sarah	Seniors' Yoga Katie		
8:00 AM	Yoga Andrew	Pilates Melissa	Yoga Liz Cycle Laura		Yoga Andrew Duathlon Mary S.	 Annette	
9:00 AM	**9:15**  Jennifer	Beginning Step Melissa	**9:15**  Jennifer	Cycle Bryon	**9:15**  Brent	Cycle Byron **9:15** Boot Camp Dan	**11am** Boot Camp Minday
10:00 AM		Core Motion 30 minutes Melissa				Kids P.E. Katee	
5:30 PM	Cycle Mary Pilates Liz	Kick N Cardio Katie	Cycle Byron Pilates Melissa	**5pm**  Annette	<p>Kids Klub Hours: Mon-Thurs 8a-12p & 4p-8p Fri 8a-12p & 4p-7p Sat 8a-12p</p>		
6:30 PM	 Annette	 Annette	 Debbie	Zumba® Kim A.	  <p>Get the free mobile app at http://gettag.mobi</p>		