

2025

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Due to the Aerobics Room's renovations, the group fitness classes will be held in the Gymnasium and Civic Center.</p> <p>CLASS LOCATION BLACK = Community Center RED = Civic Center</p>						<p>1</p> <p>8:30 CYCLING Danielle</p>
<p>2</p> <p>8:30 OUT OF BOUNDS Kelsey 10:00 YOGA Kate 12:30 BARRE Nicole 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 5:30 CYCLING Karen</p>	<p>3</p> <p>8:30 BODY DESIGN Millie 10:00 SSS Karen 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa</p>	<p>4</p> <p>8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie</p>	<p>5</p> <p>8:30 BARRE Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelsey</p>	<p>6</p> <p>8:30 BODY DESIGN Karen 10:00 YOGA Teresa 12:00 H2o SHALLOW Kim 12:30 HIIT UPPER Nicole</p>	<p>7</p> <p>8:30 CYCLING Jenny</p>	
<p>9</p> <p>8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 BARRE Nicole 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 5:30 CYCLING Jenny</p>	<p>10</p> <p>8:30 BODY DESIGN Karen 10:00 SSS Millie 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Jenny 6:30 YOGA Jamie</p>	<p>11</p> <p>8:30 TRIPLE TREAT Karen 10:00 YOGA Karen 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Kelsey 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Teresa</p>	<p>12</p> <p>8:30 BARRE Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Karen 4:30 CYCLING Kelsey 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie</p>	<p>13</p> <p>8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT LOWER Nicole</p>	<p>14</p> <p>8:30 CYCLING Mandy</p>	
<p>16</p> <p>8:30 OUT OF BOUNDS Karen 10:00 YOGA Karen 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Kelsey 5:30 CYCLING Jenny 6:30 YOGA Jamie</p>	<p>17</p> <p>8:30 BODY DESIGN Vickie 10:00 SSS Millie 12:30 TOTAL BODY Karen 5:30 TOTAL BODY Kelsey 6:30 YOGA Teresa</p>	<p>18</p> <p>8:30 TRIPLE TREAT Millie 10:00 YOGA Karen 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie</p>	<p>19</p> <p>8:30 BARRE Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelsey 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie</p>	<p>20</p> <p>8:30 BODY DESIGN Karen 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT UPPER Nicole 5:00 BARRE Ann Marie</p>	<p>21</p> <p>8:30 CYCLING Danielle</p>	
<p>23</p> <p>8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 BARRE Ann Marie 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie</p>	<p>24</p> <p>8:30 BODY DESIGN Karen 10:00 SSS Millie 12:30 TOTAL BODY Kelsey 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa</p>	<p>25</p> <p>8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Kelsey 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Teresa</p>	<p>26</p> <p>8:30 BARRE Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie</p>	<p>27</p> <p>8:30 BODY DESIGN Kelsey 10:00 YOGA Teresa 12:00 H2o SHALLOW Kim 12:30 HIIT LOWER Nicole 5:00 BARRE Ann Marie</p>	<p>28</p>	

