



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	2
3	4 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	5 9 AM Creative Movement 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	6 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit	7 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	8 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	9 <i>9 AM Defensive Driving Class</i>
10	11 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	12 9 AM Creative Movement 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	13 9 AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit	14 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	15 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	16
17	18 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	19 9 AM Creative Movement 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	20 9 AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit	21 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga	22 9 AM Zumba Gold 8-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	23
24	25 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	26 9 AM Creative Movement 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	27 9AM Pilates 9:00 AM Mostly Men's Yoga 8-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45PM Circuit	28 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00PM Buti Yoga		



Hours of Operation
Mon-Fri 6 AM - 8 PM
Saturday 8AM - 2PM
Closed on Sundays

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