



February Class Menu

Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	Cycling (John)		Cycling (Chris)		Cycling (Chris)		
8:00	Abs, Backs & Balance (30 min)		Chair Exercise (30 min)		Abs, Backs & Balance (30 min)	Cycling (Leslie/Dawn)	
8:30 AM	Step 30 min (Dawn)		Step 30 min (Cindy)		Step 30 min (Dawn)	Feb 4th 8:30am CardioJam	Cycling (Dawn Wi)
8:45 AM	Cycling (Michelle) WaterWorks (Cindy)	Cardio Kickboxing (Cindy) 45 min	Cycling (Michelle) Water Works (Dawn)	Kickboxing Bootcamp (Dawn) 45 min	Cycling (Michelle) WaterWorks (cindy)	Beginning Zumba 8:30am on Feb 25th	
9:00 AM	Reps&Sets (Dawn)	Beg.Cycling -John Water Works-(stephanie)	Reps&Sets (Cindy)	Cycling -Dawn Wi. Water Works-(Stephanie)	Reps&Sets (Dawn)	Water Works (Leslie/Dawn)	Yoga (Alton) 90 minutes
9:30 AM		Zumba-Marlina (45 min)		Zumba -Ale (45 min)		Yoga Abs (Alton)	
10:00 AM	Ab/Core 30 Min. (Dawn)	Yoga 10:15am (May)	Ab/Core 30 Min. (Cindy)	Pilates 10:15am (May)	Ab/Core 30 Min.(Dawn)		
10:30 AM	Stretch 30 Min. (Dawn)		Stretch 30 Min. (Cindy)		Stretch 30 Min.(Dawn)	Zumba (Ali)	Zumba (Ali/Lael)
11:00 AM			\$Tai Chi \$			Beginning Zumba 11:30 on Feb 25th	
5:30/5:45 PM	Ab/Core (cindy) 5:30-6:15pm	Reps & Sets 5:45pm (Dawn)		Reps & Sets 5:45pm (cindy)	Zumba Basics 5:00 pm (Lael)	FREE CLASS: TRX N'More A total body workout combining TRX, weights, stability balls & more! Every Thursday 6:30 pm All Levels Welcome! SPACE LIMITED! Get a pass to class at the front desk.	
6:00 PM	Cycling (Courtney)		Zumba(Angie/staff) Cycling (Leslie)		Yoga (Alton)		
6:15/6:45 PM	Cardio Kickbox 6:15 - 7:00pm (Cindy)	H2O 6:30 (Hannah) Cycling 6:30 (Dawn)		H2O 6:30 (Susan) TRX N'More 6:30 (Daniel)			
7:00 PM	Yoga (May)		Yoga- Pilates (May)				
7:30/8:00 PM	Zumba 8:00 pm (Lael)						

Kids Club Hours: M-F: 8:00am-8:30pm Saturday & Sunday: 8:00 am-1:00 pm
 Gold's Gym Hours: M-TH 4:00 am-11pm, Fri 4:00 am-10pm Sat & Sun 6am-8pm

Please check bulletin boards for upcoming events!