



FEBRUARY FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Fitness Classes subject to change	1.	2. Balance & Stretch 9am Water Aerobics 9:30am	3. Sculpt 9:30am	4. Pilates Fusion 9:30am	5. Abs & Back 9am Water Aerobics 9:45am	6.
7.	8. Yoga 9:30am	9. Balance & Stretch 9am Water Aerobics 9:30am	10. Sculpt 9:30am	11. Pilates Fusion 9:30am	12. Advanced Balance 9am Water Aerobics 9:45am	13.
14.	15.	16. Balance & Stretch 9am Water Aerobics 9:30am	17. Sculpt 9:30am	18. Pilates Fusion 9:30am	19. Dance 9am Water Aerobics 9:45am	20.
21.	22. Yoga 9:30am	23. Balance & Stretch 9am Water Aerobics 9:30am	24. Sculpt 9:30am	25. Pilates Fusion 9:30am Sunset wine Yoga 5:30pm Stump Pass	26. Water Aerobics 9:45am	27.
28.						