



# GROUP EXERCISE

Northwest

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30am Strength Training WC Marcie	5:45-6:30am Y-Cycling & Tone** C Teresa	5:45-6:30am Strength Training WC Marcie	5:45-6:30am Y-Cycling & Tone** C Teresa	5:45-6:30am Strength Training WC Marcie	8:00-8:45am Y-Cycling C Celeste
8:15-9:00am Y-Cycling** C Celeste	7:00-8:00am Strength & Balance* WC Mac	8:00-8:45am Y-Cycling** C Celeste	7:00-8:00am Strength & Balance* WC Mac	8:15-9:00am Y-Cycling** C Celeste	8:00-8:45am Turbokick™ WC Monique
9:00-9:50am Piloxing S Kim	8:15-9:15am Y-Cycling** C Celeste	9:00-9:30am Step WC Celeste	8:15-9:15am Y-Cycling** C Celeste	9:15-10:10am Strength Training G Amanda	9:00-9:45am Strength Training WC Monique
9:00-9:40am Zumba Toning 9:45-10:30am Zumba WC Karen	9:00-9:45am Turbokick™ WC Monique	9:00-9:50am Piloxing S Kim	9:00-9:45am Turbokick™ WC Monique	9:00-9:40am Zumba Toning 9:45-10:30am Zumba WC Karen	9:00-9:45am Oh Baby** (w/ baby) No class Feb 18 S Ashlee
9:15-10:10am Strength Training G Amanda	9:30-10:30am Yoga** S Tyler	9:15-10:10am Strength Training G Amanda	9:30-10:30am Yoga** S Tyler	10:15-10:45am Extreme Cardio G Amanda	10:00-11:00am Zumba™ SChiko/Melanie
10:00-10:30am Pilates** S Kim	10:00-10:45am ZumbaGold™ WC Karen	9:45-10:30am SilverSneakers® YogaStretch WC Sandy	10:00-10:45am ZumbaGold™ WC Karen	10:45-11:30am SilverSneakers® MSROM G Amber	11:15-11:45am Zumbatomic (Ages 4-7) S Chiko
10:15-10:45am Extreme Cardio G Amanda	10:50am-11:50am Zumba™ WC Karen	10:00-10:30am Pilates** S Kim	10:50-11:50am Zumba™ WC Karen	10:45-11:45am Oh Baby (w/ baby)** No class Feb 17 S Ashlee	11:50am-12:20pm Zumbatomic (Ages 8-12) S Chiko
10:45-11:30am SilverSneakers®M SROM G Amber	12:00-12:45pm Strength Training WC Terri	10:15-10:45am Extreme Cardio G Amanda	12:00-12:45pm Strength Training WC Terri		

**\*fee based class WC=wellness center C=cycling room S=studio \*\*must sign up**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-12:45am Cardio Sculpt WC Molly	4:30-6:30pm Movement Ed** S Dree	10:45-11:30am SilverSneakers@ CardioCircuit G Sandy	4:30-6:30pm Movement Ed** S Dree	12:00-12:45am Cardio Sculpt WC Molly	8:00-8:45am Y-Cycling** C Celeste
4:30-5:15pm Strength Training WC Liz	5:00-8:00pm Tae Kwon Do* WC Cory	12:00-12:45am Cardio Sculpt WC Molly	5:00-6:00pm Cross Fire Jr Grades K-2	4:30-5:15pm Strength Training WC Liz	8:00-8:45am Turbokick™ WC Monique
5:15-6:15pm Oh Baby (prenatal)** No class Feb 12 S Ashlee	5:00-6:00pm Y-Cycling** C Liz	4:30-5:15pm Strength Training WC Liz	5:00-6:00pm Y-Cycling** C Liz	5:30-6:15pm Turbokick™ WC Monique	9:00-9:45am Strength Training WC Monique
5:35-6:15pm Step WC Marcie	6:30-7:30pm Boot Camp G Mac*	5:35-6:15pm Step WC Marcie	5:20-6:05pm Cardio Sculpt WC Molly	5:30-6:30pm Cycling C Courtney	9:00-9:45am Oh Baby** (w/ baby) No class Feb 18 S Ashlee
6:00-7:00pm Y-Cycling** C Celeste	6:45-7:45pm Pilates** S Laurie	6:00-7:00pm Y-Cycling** C Liz	6:30-7:30pm Boot Camp G Mac*		10:00-11:00am Zumba™ WC Chico/Melanie
6:20-6:35pm Core Blast WC Monique		6:30-7:30pm Zumba™ WC Melanie	6:45-7:45pm Pilates** S Laurie		11:15-11:45am Zumbatomic (Ages 4-7) S Chiko
6:45-7:30pm Turbokick™ WC Monique		6:30-7:30pm Piloxing** S Laurie			11:50am-12:20pm Zumbatomic (Ages 8-12) S Chiko
6:30-7:30pm Zumba™ S Chiko					

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