



February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 7:00a H.I.R.T. 7:30a Waisted 8:15a Yoga w/ Jennifer
3 5:00a H.I.R.T. 8:15a Yoga w/ Jennifer 4:30p DanceFit 5:30p POUND	4 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	5 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	6 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	7 8:15a Yoga	8 7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather E
10 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit w/ Sinclaire 5:30p POUND	11 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	12 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	13 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	14 8:15a Yoga	15 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Kayla
17 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	18 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	19 5:00a H.I.I.T. 8:15a Full Body w/ Tara 5:15p Yoga	20 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	21 8:15a Yoga	22 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Erin
24 5:00a H.I.R.T. 8:15a Yoga w/ Jennifer 4:30p DanceFit w/ Sinclaire 5:30p POUND	25 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	26 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	27 5:15a Cycling 8:15a DanceFit w/ Sinclaire 9:30a Silver Sneakers w/ Molly 5:30p Tabata	28 8:15a Yoga	

Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$37.95/Month plus tax.

Group Exercise Membership: **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$33.95/Month.

Group Exercise Punch Card or Drop In: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$8.

Cycling Class: Pre registration Required - Class registration will open each Saturday for the following week's classes.