



February

Saturday Class Lineup



February 2nd

- 8- Cycling- Brittany
- 9- Zumba- Mae
- 9- Water Fit- Erica
- 10:15- Yoga- Ali

February 9th

- 8 – Cycling- Jamilia
- 9- Piyo- Allison
- 9- Water Fit- Ester
- 10:00 CXWORK- Julie
- 10:15- Yoga- Ester

February 16th

- 8- Cycling- Brittany
- 9- Zumba- Jackie (90 minutes- Valentine's Day theme)
- 9 – Water Fit – Ester
- 10:15-Yoga– Ester

February 23rd

- 8-Cycling- Jamilia
- 9- BODYPUMP- Jada
- 9- Water Fit- Erica
- 10:00 CXWORX- Jamilia
- 10:15- Yoga- Jada