

Get Fit Class Schedule - FEBRUARY

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
28	1-2 PM Aqua Fit (Tammy) <small>Schedule is subject to change at anytime.</small>	29	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Katie)	30	9-10 AM Strong Nation (Suri)	31	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	1	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Katie)	2	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	3	10:00-11:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
4	1-2 PM Aqua Fit (Tammy)	5	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Katie)	6	9-10 AM Strong Nation (Suri)	7	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	8	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	9	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	10	10:00-11:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
11	1-2 PM Aqua Fit (Tammy)	12	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Katie)	13	9-10 AM Strong Nation (Suri)	14	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	15	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	16	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	17	10:00-11:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
18	1-2 PM Aqua Fit (Tammy)	19	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	20	9-10 AM Strong Nation (Suri)	21	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	22	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	23	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	24	10:00-11:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)
25	1-2 PM Aqua Fit (Tammy)	26	9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)	27	9-10 AM Strong Nation (Suri)	28	9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)	29	9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)	1	9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)	2	10:00-11:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)