



February-PARKER

Weekend Group Exercise Schedule

Saturday, Feb 3rd

9:00-10:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

Sunday, Feb 4th

7:30-8:30am-Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba-Emily

Saturday, Feb 10th

9:00-10:00am Cycling- Amanda

9:00-10:00am Zumba/Toning-Emily

Sunday, Feb 11th

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

Saturday, Feb 17th

9:00-10:00am Cycling- Amanda

9:00-10:00am Zumba/Toning-Emily

Sunday, Feb 18th

7:30-8:30am Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba-Emily

Saturday, Feb 24th

9:00-10:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning-Emily

Sunday, Feb 25th

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba- Emily