



# FEBRUARY-PARKER

## Weekend Group Exercise Schedule

UPDATED: 2/1/19

### **Saturday, Feb 2nd**

8:00-9:00am Cycling- Amanda R.

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

### **Sunday, Feb 3rd**

7:30-8:30am-Group Power (Strength Train Together)- Julie St.

9:00-10:00am Zumba- Diane R.

### **Saturday, Feb 9th**

8:00-9:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning- Diane R.

### **Sunday, Feb 10th**

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

9:00-10:00am Zumba- Diane R.

### **Saturday, Feb 16th**

8:00-9:00am Cycling- Shannon

9:00-10:00am Zumba/Toning- **\*\*POSTPONED**

### **Sunday, Feb 17th**

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

9:00-10:00am Zumba- **\*\*POSTPONED**

### **Saturday, Feb 23rd**

8:00-9:00am Cycling- Jodeen

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

### **Sunday, Feb 24th**

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

9:00-10:00am Zumba- Emily