February 2018 Fitness Schedule-Faucett Brothers Activity Center

updated 1/31/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 5:45-6:30 Boot Camp 9:00-10:00 Mix It Up Monday 9:00-10:00 Water Aerobics 10:15-11 Pilates *new time 4:35-5:05p Quick Fit *POUND® The rockout. Workout. coming SOON!* *No Yoga tonight* 6:15-7:15 Zumba® 6:15-7:15p Water Aerobics	30 5:45-6:30 Boot Camp-Christa 9:00-10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water 10:15-11 Mobility for Performance 10:30-11:20 Dance Aerobics 4:35-5:05p Quick Fit 5:30-6:30 Cycle 6:15-7:15p Water Aerobics	31 5:45-6:30 Boot Camp 9:00-10:00 Water Aerobics 9:00-9:45 GIT Fit 10-10:45 Pilates 4:35-5:05p Quick Fit *No Yoga tonight* 6:15-7:15 Zumba Toning	**February 1** 5:45-6:30 Boot Camp 9:00– 10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water 10:30-11:20 Line Dancing 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15 Zumba® -**Alisha** 6:15-7:15p Water Aerobics	**February 2** 9:00-10:00 Water Aerobics 9:00-9:45 Quick Fit 10:15-11 Mobility for Performance 5:30-6:30 Yoga-**Silke** **Friday evening Yoga is back!**	**February 3** 9:30-10:30 Zumba® - **Angie**
4	5 5:45-6:30 Boot Camp 9:00-10:00 Mix It Up Monday 9:00-10:00 Water Aerobics 10:15-11 Pilates *new time 4:35-5:05p Quick Fit *POUND® The rockout. Workout. coming SOON!* 6:15-7:15 Zumba® 6:15-7:15p Water Aerobics	6 5:45-6:30 Boot Camp-Christa 9:00-10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water 10:15-11 Mobility for Performance 10:30-11:20 Dance Aerobics 4:35-5:05p Quick Fit-**Morgan** 5:30-6:30 Cycle 6:15-7:15p Water Aerobics	7 5:45-6:30 Boot Camp 9:00-10:00 Water Aerobics-**Amy** 9:00-9:45 GIT Fit 10-10:45 Pilates 4:35-5:05p Quick Fit *No Yoga on Wednesday evenings this month* 6:15-7:15 Strong by Zumba® *new class!*	8 5:45-6:30 Boot Camp 9:00– 10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water-**Amy** 10:30-11:20 Line Dancing 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15 Zumba® -**Alisha** 6:15-7:15p Water Aerobics	9 9:00-10:00 Water Aerobics 9:00-9:45 Quick Fit 10:15-11 Mobility for Performance 5:30-6:30 Yoga-**Silke**	10 9:30-10:30 Quick Fit - **Ethan**
11	12 5:45-6:30 Boot Camp 9:00-10:00 Mix It Up Monday 9:00-10:00 Water Aerobics 10:15-11 Pilates *new time 4:35-5:05p Quick Fit *POUND® The rockout. Workout. coming SOON!* 6:15-7:15 Zumba® 6:15-7:15p Water Aerobics	13 5:45-6:30 Boot Camp-Christa 9:00-10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water-**Amy** 10:15-11 Mobility for Performance 10:30-11:20 Dance Aerobics 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15p Water Aerobics	14 5:45-6:30 Boot Camp 9:00-10:00 Water Aerobics-**Amy** 9:00-9:45 GIT Fit 10-10:45 Pilates 4:35-5:05p Quick Fit 6:15-7:15 Strong by Zumba® Valentine's Day	15 5:45-6:30 Boot Camp 9:00– 10:00 Fitness Fusion 9:00-10:00 Forever Young *No Deep Water this AM* 10:30-11:20 Line Dancing 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15 Zumba® -**Alisha** 6:15-7:15p Water Aerobics	16 9:00-10:00 Water Aerobics 9:00-9:45 Quick Fit 10:15-11 Mobility for Performance *No Yoga this evening*	17 9:30-10:30 Zumba® - **Angie**

18	19 5:45-6:30 Boot Camp 9:00-10:00 Mix It Up Monday 9:00-10:00 Water Aerobics 10:15-11 Pilates *new time 4:35-5:05p Quick Fit *POUND® The rockout. Workout. coming SOON!* 6:15-7:15 Zumba® 6:15-7:15p Water Aerobics	20 5:45-6:30 Boot Camp-Christa 9:00-10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water 10:15-11 Mobility for Performance 10:30-11:20 Dance Aerobics 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15p Water Aerobics	21 5:45-6:30 Boot Camp 9:00-10:00 Water Aerobics-**Amy** 9:00-9:45 GIT Fit 10-10:45 Pilates 4:35-5:05p Quick Fit 6:15-7:15 Strong by Zumba®	22 5:45-6:30 Boot Camp 9:00– 10:00 Fitness Fusion 9:00-10:00 Forever Young 9:00-10:00 Deep Water *No Line Dancing this AM* 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15 Zumba® -**Alisha** 6:15-7:15p Water Aerobics	23 9:00-10:00 Water Aerobics 9:00-9:45 Quick Fit 10:15-11 Mobility for Performance 5:30-6:30 Yoga-**Silke**	24 9:30-10:30 Strong by Zumba® - **Christa**
25	26 5:45-6:30 Boot Camp 9:00-10:00 Mix It Up Monday 9:00-10:00 Water Aerobics-**Bea** 10:15-11 Pilates *new time 4:35-5:05p Quick Fit *POUND® The rockout. Workout. coming SOON!* 6:15-7:15 Zumba® 6:15-7:15p Water Aerobics	27 5:45-6:30 Boot Camp-Christa 9:00-10:00 Fitness Fusion 9:00-10:00 Forever Young-**Bea** 9:00-10:00 Deep Water *No Mobility for Performance* 10:30-11:20 Dance Aerobics 4:35-5:05p Quick Fit-**Michelle** 5:30-6:30 Cycle 6:15-7:15p Water Aerobics	28 5:45-6:30 Boot Camp *9:00-10:00 Water Aerobics-TBD* 9:00-9:45 GIT Fit 10-10:45 Pilates 4:35-5:05p Quick Fit 6:15-7:15 Strong by Zumba®	**March 1** 5:45-6:30 Boot Camp 9:00– 10:00 Fitness Fusion 9:00-10:00 Forever Young-**Bea** 9:00-10:00 Deep Water 10:30-11:20 Line Dancing 4:35-5:05p Quick Fit-**Morgan** 5:30-6:30 Cycle 6:15-7:15 Zumba® -**Alisha** 6:15-7:15p Water Aerobics	**March 3** *9:00-10:00 Water Aerobics-TBD* 9:00-9:45 Quick Fit *No Mobility for Performance this month* 5:30-6:30 Yoga-**Silke**	**March 4** 9:30-10:30 Zumba® - **Angie**