Update 2/4/19

February 2019 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9-10a Quick Fit - **Amber** 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors – Kristen 4:30-5:30p Quick Fit-**Will** *****NEW CLASS 4:30-5:30p Prenatal Yoga- Silke***** 6-7p Yoga-Silke	2 9:30-10:30a Zumba®-**Alisha** 9:30-10:30a Quick Fit-**Will** (class on BBall court)
3	4 5:45-6:30a Boot Camp- **Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - Alisha	5 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Classic**-**Bea** 10:15-10:45 Zumba – Bea 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Will** *****530:-6:30 Instructor led Cycle Cancelled until May (room open for the hour)*** 6:15-7:15p Zumba® - Alisha 6:20-7:20p Water Aerobics	6 5:45-6:30a Boot Camp-**Taryn** 8:30-9a Walking/Running Outdoors – Kristen 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p 30/30 Zumba/Strong30®- **Christa** 6:30-7:30p Yoga-**Michela**	7 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Classic**-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit-**Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	8 9-10a Quick Fit - **Amber** 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors – Kristen 4:30-5:30p Quick Fit-**Will** *****NEW CLASS 4:30-5:30p Prenatal Yoga- Silke***** 6-7p Yoga-Silke	9 9:30-10:30a Zumba®-**Alisha** 9:30-10:30a Quick Fit-**Will** (class on BBall court)
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17	18 5:45-6:30a Boot Camp-**Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit-**Will** 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - Alisha	19 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Classic**-**Will** 10:15-10:45 Zumba – Bea 10:15–11:15a Yoga-**Michela** 4:35-5:05p Quick Fit-**Bea** **5:30-6:30p Open Room Cycle 6:15-7:15p Zumba® - Alisha 6:20-7:20p Water Aerobics	20 5:45-6:30a Boot Camp-**Taryn** 8:30-9a Walking/Running Outdoors - **Kristen** 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit-**Will** 6:15-7:15p 30/30 Zumba/Strong30®- **Christa** 6:30-7:30p Yoga-**Michela**	21 5:45-6:30a Boot Camp-**Amber** 9-10a Deep Water 9-10a Fitness Fusion-**Amber** 9-10a SS Classic**-**Bea** 10:15–11:15a Yoga-**Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit- **Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	22 9-10a Quick Fit - **Amber** 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors - **Kristen** 4:30-5:30p Quick Fit-**Will** *****NEW CLASS 4:30-5:30p Prenatal Yoga- Silke***** 6-7p Yoga-**Silke**	23 9:30-10:30a Strong by Zumba®-**Christa**

24	25 5:45-6:30a Boot Camp**- Taryn** 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 4:30-5:15p Quick Fit**-Will** 5:40-6:10p POUND®**-Amber** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga**-Michela** 6:45-7:45p Zumba® - Alisha	26 5:45-6:30a Boot Camp**-Amber** 9-10a Deep Water 9-10a Fitness Fusion**-Amber** 9-10a SS Classic**-**Bea** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga**-Michela** 4:35-5:05p Quick Fit-**Will** **5:30-6:30p Open Room Cycle 6:15-7:15p Zumba® 6:20-7:20p Water Aerobics	27 5:45-6:30a Boot Camp**-Taryn** 8:30-9a Walking/Running Outdoors - **Kristen** 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit**-Will** 6:15-7:15p 30/30 Zumba/Strong30®- **Christa** 6:30-7:30p Yoga**-Michela**	28 5:45-6:30a Boot Camp**-Amber** 9-10a Deep Water 9-10a Fitness Fusion**-Amber** 9-10a SS Classic**-**Bea** 10:15–11:15a Yoga**-Michela** 10:30-11:20a Line Dancing 4:35-5:05p Quick Fit - **Bea** 5:30-6:30p Cycle 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates**-Jo**	March 1 9-10a Quick Fit - **Amber** 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors - **Kristen** 4:30-5:30p Quick Fit-**Will** 4:30-5:30p Prenatal Yoga- Silke 6-7p Yoga-**Silke**	March 2 9:30-10:30a Quick Fit**-Will**

** In order to allow **SilverSneaker** members to participant in Forever Young and Water Aerobics classes we've had to change their name.

Water Aerobics is now **SilverSneaker Splash** and Forever Young is **SilverSneaker Classic**.