

FEBRUARY

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
1 9:00am -FIT & SPIN Anna 9am HIIT Mike L	2 6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm -Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	3 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	4 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	5 6:00am - HIIT Mike L(45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine(45min) 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	6 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	7 8:00am Barre (spin room) Kelly 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
8 9:00am -FIT & SPIN Mark 9am HIIT Mike L	9 6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm -Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	10 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Kelli 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	11 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	12 6:00am - HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine(45min) 9:30am - 10:15 Spin 10:15-10:30 SCULPT Mark 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Elise (45min spin 15 min pump)	13 6am SPIN & CORE Mike L 8:30am - Yoga Kelly(downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	14 8:00am Barre (spin room) Kelly 9:00am - Spin Missy 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Kelly
15 9:00am -FIT & SPIN Anna 9am HIIT Charlene	16 6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm -Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	17 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) SPM DRUMS ALIVE Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	18 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	19 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	20 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	21 8:00am Barre (spin room) Kelly 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
22 9:00am - FIT & SPIN Charlene 9am HIIT Jen	23 6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Kelly 9:30am -BIKE & BINGO Jen 5:00pm -Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	24 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 6:00pm - Pump Missy 6:00pm Bike & Abs Charlene	25 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	26 6:00am - HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine(45min) 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Anna (45min spin 15 min pump)	27 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE & BUBBLES Jen	28 8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Missy
		SPECIAL CLASSES DRUMS ALIVE 2/17 BIKE & BINGO 2/23 BIKE & BUBBLES 2/27				

