



# February 2018



## Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
4	5	6	7	8	9	10
			6 PM Zumba			9 AM Yoga 11 AM Teen Fitness
11	12	13	14	15	16	17
			6 PM Zumba	6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
18	19	20	21	22	23	24
			6 PM Zumba	6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
25	26	27	28			
			6 PM Zumba			