



# February 2019

Fitness for Women



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						9:30 AM Yoga 11 AM Teen Fitness
3	4	5	6	7	8	9
1 PM Resolution Reboot (Free)		1 PM Tai Chi 6 PM Cardio Sculpt	5:45 PM Zumba			9:30 AM Yoga 11 AM Teen Fitness 12:30 PM Resolution Reboot (Free)
10	11	12	13	14	15	16
		1 PM Tai Chi 6 PM Cardio Sculpt	5:45 PM Zumba		7 PM Odoru	9:30 AM Yoga 11 AM Teen Fitness
17	18	19	20	21	22	23
		1 PM Tai Chi 6 PM Cardio Sculpt	5:45 PM Zumba			9:30 AM Yoga 11 AM Teen Fitness
24	25	26	27	28		
		1 PM Tai Chi 6 PM Cardio Sculpt	5:45 PM Zumba			