

# February

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>5:35-6:20am</b>	R-I Training (Ashilyn)	Spin Cycle! (Ruth)	Strength 101 (Ashilyn)	Spin Cycle! (Ruth)	R-I Training (Ashilyn)		
<b>8:00-8:45am</b>	Water Exercise (Linda)	Water Exercise (Linda)				Fitness Yoga* (Rotating Instructor)	
<b>9:00-9:45am</b>							
<b>10:00-10:45am</b>	Ageless Yoga (Linda)	Clarinda Pump (Linda)	Ageless Yoga (Leona)		Ageless Yoga (Leona)		
<b>5:15-6:00pm</b>			Deep Water (Jake)				
<b>6:00-6:45pm</b>	R-I Training (Jessica)	Fitness Yoga - 6-7 p.m. (Julie)	Zumba Gold® (Jessica)	Fitness Yoga - 6-7 p.m. (Jessica)			
<b>7:00-7:35pm</b>			XPress Spin Cycle! (Jessica)				

Updates & Information...

\* 8:00 a.m. Water Exercise classes on **Wednesday** and **Thursday** will begin at a date to be determined in February! Keep on the lookout for our start date with new instructor Lori!

*Questions? Contact us!*

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