



the

2023

FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-7:00AM CROSS TRAINING *Laurie	6:00AM-7:00AM CROSS TRAINING *Laurie	6:00AM- 7:00AM CROSS TRAINING PILATES *Laurie	6:00AM-7:00AM CROSS TRAINING' (CARDIO) *Laurie			
8:00AM-8:15AM Abs *Laurie 8:15AM-9:15AM YOGA *Jackie	8:00AM-9:00AM CORE&FLOOR (BALCONY) *Sandy	8:00AM - 8:15AM Abs *Laurie 8:15AM - 9:15AM YOGA *Jackie	8:00AM-9:00AM CORE&FLOOR (BALCONY) *Sandy			
9:15AM-10:15AM EASY DOES IT *Amberleigh	8:15 AM-9:00AM STABILITY BALL TRAINING "YOGA BALL" *Coleen	9:15AM-10:15AM EASY DOES IT *Amberleigh	8:15 AM-9:00AM STABILITY BALL TRAINING "YOGA BALL" *Coleen			
10:15-11:00AM LABLAST *Amberleigh	9:15AM-9:45AM JUST DANCE *Laurie	12:00PM-1:00PM CROSS TRAINING *Amberleigh	9:15AM-9:45AM JUST DANCE *Laurie	9:15AM-10:15AM EASY DOES IT *Coleen		
12:00PM-1:00PM CROSS TRAINING *Amberleigh	10:00-11:00AM CLASSIC YOGA *Coleen	1:30-3:00 LINE DANCING	10:00-11:00AM CLASSIC YOGA *Coleen	10:15-11:00 PILATES *Amberleigh		
5:00-7:00pm BOXING *Dan	12:10-1:00PM GROUP CYCLING *Laurie	4:00PM-5:00PM MIX IT UP *Laurie	11:00AM-12:00PM SIT AND BE FIT (STRENGTH AND ROM) *Coleen			MIX IT UP 10:00 AM - 11:00AM *Amberleigh
6:00PM-6:30PM PILATES (BALCONY) *Sam	11:00 AM- 12:00PM CHAIR YOGA *Coleen	5:00-7:00pm BOXING *Dan				
6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Sam	6:00PM-7:00PM MIX IT UP *Amberleigh	6:00PM-6:30PM PILATES (BALCONY) *Sam	6:30-8:30 LINE DANCING *Coleen			
		6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Sam	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>New Year New You Challenge. Ask The Welcome Center</p> </div>			