

FEBRUARY

FITNESS CLASS SCHEDULE

NO CLASSES FEB 16 • NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE. • OPEN TO ALL LEVELS OF FITNESS

MON	TUE	WED	THU	FRI	SAT
HATHA YOGA 6-7 AM N1	SPIN 6-7 AM N1	GLUTES & ABS 11:30 AM - 12:30 PM N1	SPIN 6-7 AM N1	PROGRESSIVE HATHA YOGA 6-7 AM ND	BODY SCULPT 5:15-6:15 PM N1
POWER PUMP 11:30 AM - 12:30 PM N1	MIXXEDFIT 5:15-6:15 PM S	SPIN 5:15-6:15 PM S	YOUTH FITNESS P 10 AM - 12 PM AT	MIXXEDFIT 11:30-12:30PM S	
JUDO P 5-7 PM ND	CARDIO KICKBOXING P 11:30 AM - 12:30 PM ND	YOUTH FITNESS P 4-7:30 PM AT	DANCE P 3-4:35 PM N3		
ZUMBA 5:15-6:15 PM N3	FUNCTIONAL FLEXIBILITY Noon - 1 PM SD	JUDO P 5-7 PM ND	MIXXEDFIT 5:15-6:15 PM S	AIKIDO P 6:45-7:45 PM ND	
	DANCE P 3-4:35 PM N3	BODY SCULPT P 5:15-6:15 PM N1	YOUTH FITNESS P 4-7 PM AT		
	CARDIO KICKBOXING P 5:15-6:15 PM ND	HATHA YOGA 6:30-7:30 PM N1			
	YOUTH FITNESS P 4-6:45 PM AT				
	AIKIDO P 6:45-7:45 PM ND				

N1 IRONWORKS NORTH AEROBICS RM. 1

N3 IRONWORKS NORTH AEROBICS RM. 3

S IRONWORKS SOUTH AEROBICS RM.

ND IRONWORKS NORTH DOJO

SD IRONWORKS SOUTH DOJO

AT ATAGO GYM YOUTH FITNESS

P PAID CLASS