

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

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