

February Group Exercise Schedule

Monday			Tuesday			Wednesday			Thursday			Friday		
8:00 A.M.	Aqua Stretch Sue H Pool	5:45 A.M.	Rise and Grind Rhonda GES	8:00 A.M.	Aqua Stretch Sue H Pool	6:30 A.M.	Self Defense Al YG	5:45A.M	Rise and Grind Rhonda GES	8:00 A.M.	Aqua Stretch Sue H Pool	8:00 A.M.	Aqua Stretch Sue H Pool	
	Dance-a-lates Rhonda GES	6:30 A.M.	Self Defense Al YG		8:00A.M.	Yogalates Lisa GES	5:45 A.M.	Aqua Stretch Sue H Pool						
	Spin Holly GES2	8:00 A.M.	Yogalates Lisa GES		8:30 A.M.	Water Fit Shawn Pool	8:00 A.M.	Spin Holly GES2						
8:30 A.M.	Water Fit Sue H Pool	8:30 A.M.	Water Fit Shawn Pool	8:30 A.M.	Water Fit Sue H GES	9:15 A.M.	Strength and Sculpt Lisa GES	8:15 A.M.	Morning Stretch Dillon GES					
9:00 A.M.	Dancing With Dina Dina GES	9:15 A.M.	Strength and Sculpt Lisa GES	9:00 A.M.	Dancing With Dina Dina GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	8:30 A.M.	Aqua Dance Sue H Pool					
9:30 A.M.	Cycle and Core Victoria GES2	10:00 A.M.	Balance and Mobility Nancy/Renee YG	10:15 A.M.	Yoga Sue R GES	10:15 A.M.	Barre Danielle GES	9:15 A.M.	Yoga Kellie GES					
10:15 A.M.	Yoga Stacy GES	10:15 A.M.	Barre Danielle GES	1:00 P.M.	Homeschool P.E. Dillon YG	11:00 A.M.	Gentle Water Fit Linda Pool	10:15 A.M.	Power Yoga Kellie GES					
1:00 P.M.	Water Fit Dinnia Pool	11:00 A.M.	Gentle Water Fit Linda Pool		Water Fit Dinnia Pool	11:15 A.M.	Yoga Danielle GES	11:15 A.M.	Yoga Amanda GES					
2:00 P.M.	Shred and Tread Dillon GES/Pool	11:15 A.M.	Yoga Danielle GES		Yoga Sheila GES		Parkinson's Nancy GES2	1:00 P.M.	WaterFit Dinnia Pool					
4:00 P.M.	Kids In Motion Dillon YG		Parkinsons Nancy GES2	6:30 P.M.	RIP Denise GES		4:00 P.M.	Kids in Motion Dillon YG	2:00 P.M.	Shred and Tread Dillon GES/Pool				
4:15 P.M.	Step Challenge Jolynn GES	4:15 P.M.	Tabata Tuesday Jolynn GES			44:15 P.M.	Shred Jolynn GES	5:00 P.M.	Yoga with a Focus Lena GES					
5:00 P.M.	Water Fit Linda Pool	5:00 P.M.	Spin Denise GES2			5:00 P.M.	Spin Denise GES2	6:15 P.M.	Lower Body Workout Mandy GES					
5:10 P.M.	Yoga Amanda GES		Water Fit Linda Pool			Water Fit Linda Pool								
6:30 P.M.	RIP Denise GES		5:45 P.M.		Yoga Denise GES		5:45 P.M.	Yoga Denise GES	8:00 A.M.	Yoga Flow Rachel GES				
		6:45 P.M.	Dance Fit Rhonda GES			6:45 P.M.	Upper Body Workout Mandy GES		Gentle Water Fit Linda Pool					