







February 2022

SUN	MON	TUES	WED	THU	FRI	SAT
		1 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT RD fusion	2 0930 Endurance BJ fusion 1200 Yoga EC 1c 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	3 0615 PT Spin MD 0615 PT Yoga KK 0615 FFT SG 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	4 0900 Zumba JM 1c 1700 Spin 80's Theme BJ 	5 0900 FFT RD 1100 Spin Xpress 30 min. RD
6	7 0900 Foam Rolling SN 1000 Yoga EC 1c 1145 FFT BJ Fusion 1700 Spin SG 1730 Tabata SW fusion 1800 Zumba KM 1c	8 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT BJ fusion	9 0930 Endurance BJ fusion 1000 Yoga EC 1c 1145 Spin CH 1200 Yoga EC 1c 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	10 0615 PT Spin MD 0615 PT Yoga KK 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ	11 0900 Zumba JM 1c 1800 Love Zumba Party \$10 (2 hrs)	12 0900 FFT BJ 1000 Partner Yoga Workshop for Valentines Day! \$30 90 minutes 
13 Super Bowl Sunday 	14 0900 Foam Rolling SN 1145 FFT BJ Fusion 1700 Spin SG 1730 Tabata SW fusion 1800 Zumba KM 1c Valentine's Day 	15 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT RD fusion	16 0930 Endurance BJ fusion 1145 Spin CH 1200 Yoga EC 1c 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	17 0615 PT Yoga KK 0615 FFT SG 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	18 Training Holiday 0830-1700	19 0900 FFT RD 1100 Spin Xpress 30 min. RD
20	21 President's Day 0830-1700	22 0615 PT Spin MD 1015 Yoga Burn HH 1715 FFT RD fusion	23 0930 Endurance BJ fusion 1145 Spin CH 1200 Yoga EC 1c 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	24 0615 PT Yoga KK 0615 FFT SG 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	25 0900 Zumba JM 1c 1000 TRX YOGA SN	26 0900 FFT RD 1100 Spin Xpress 30 min. RD
27	28 0900 Foam Rolling SN 1145 FFT BJ Fusion 1700 Spin SG 1730 Tabata SW fusion 1800 Zumba KM 1c				Instructors: EC Emily Coleman JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen BJ Barbara Jiron	Instructors: MD Maria Diaz RD Rey Drummond SG Steffi Gooding SW Stephanie Whipple KK Kirsten Kieffer HH Heather Holdaway

***** Boot Camp***
Tue/Thu 1800-1900
6 WEEKS
\$169
1 Feb-17 Mar

Sign up for Small Groups with Emily and Heather:

Small Group Classes with Emily (ecoleman7@yahoo.com)
Power Yoga 1000 Monday and Wednesday
Register Now until Feb 14th, 2022
\$55 for 10 sessions

Small Group Classes with Heather (strongholdaway@gmail.com)
Yoga Flows is open until Feb. 1st and starts on Feb. 1st @ 0900 Tuesdays and Thursdays
Register
\$45 for 8 sessions



Love Zumba Party, Feb 11th, @ 1800, \$10 per person 2 hours of fun!

*80's Spin Party on the 4th w/ Bab's, \$5 per person.

Partner Yoga for Sweethearts 90 min. \$30 for couples Feb. 12th w/ Heather. (Participants receive a gift)