

## February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Instructors:</b> AF Augusta Fehn AO Aida Otieno LG Lucie Geraci NK Nelli Klygina		RD Rey Drummond ME Melissa Elam BS Brittani Stokes CD Caroline Dozier SR Shawn Robertson				1 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
Class Price: \$5 w/ 10 Pass Package \$6 / Drop In		<b>Fitness Rooms:</b> MB = Mind and Body FUS = Fusion 1C Spin				
2 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	3	4 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	5 0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	6 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB	7 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	8 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
9 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	10	11 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS	12 0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	13 0600 SPIN AF SPIN 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB	14 <b>Training Holiday 0830-1700</b> 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	15 0900 FFT 101 FUS
16 <b>Washington's Birthday Holiday 0830-1700</b>	17	18 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS	19 0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	20 0600 SPIN AF SPIN 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1715 FFT 101 FUS 1830 Zumba BS 1C	21 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	22 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
23 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C 1830 Yoga BS MB	24	25 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	26 0900 Beg. Yoga CD MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	27 0600 SPIN AF SPIN 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB 1830 Zumba BS 1C	28 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	

0900 Tuesday: Join Caroline in her new HIIT classes! Get a full body workout with a fun and intense mixture of resistance and cardiovascular training.

1800 Friday, Feb. 21: Candlelight yoga and sound bath \$10 Join Lucie for an evening of deep relaxation. Unwind with a savory mix of gentle yoga followed by a sound bath, a perfect antidote for your busy life. Opt to stay after and enjoy a cup of tea! Be sure to wear your comfiest clothes so you can really relax in class. Yoga is a practice that allows for deep tension release in your body producing an incredible sense of openness and calm for your body and mind. Class will be accompanied with mindful breathing, meditation, and aromatherapy to aid in your relaxation and enjoyment throughout the session.

