

2017 WINTER II FEBRUARY 20-APRIL 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00–5:45 a.m. Cycle Vanessa	5:00-6:00 a.m. MOSSA Group Power Vicky	5:00–5:45 a.m. Cycle Vanessa	5:00-6:00 a.m. MOSSA Group Power Vicky
	5:00-5:45 a.m. Cycle Mary		5:00-5:45 a.m. Cycle Mary
9:00—10:00 a.m. Chair Yoga Karen	8:00-8:30 a.m. Body Fusion Vicky	9:00—10:00 a.m. Chair Yoga Karen	8:00-8:30 a.m. Body Fusion Vicky
	8:30-9:15 a.m. Zumba Vicky		8:30-9:15 a.m. Zumba Vicky
	9:30-10:15 a.m. SilverSneakers:® Karen		9:30-10:15 a.m. SilverSneakers:® Karen
	9:30-10:30 a.m. Workout on Weights Vicky		9:30-10:30 a.m. Workout on Weights Vicky
	3:45-4:15 p.m. Youth Fitness Vicky		3:45-4:15 p.m. Youth Fitness Vicky
4:45-5:30 p.m. Workout on Weights Cheryl		4:45-5:30 p.m. Workout on Weights Cheryl	
	4:30-5:15 p.m. Cycle Vicky		4:30-5:15 p.m. Cycle Vicky
5:00-5:30 p.m. H.I.T. IT Vanessa		5:00-5:30 p.m. H.I.T. IT Vanessa	
5:30-6:30 p.m. MOSSA Group Power Libby	5:30-6:30 p.m. MOSSA Group Power Mary	5:30-6:30 p.m. MOSSA Group Power Libby	5:30-6:30 p.m. MOSSA Group Power Mary
5:30-6:15 p.m. Cycle Savannah		5:30-6:15 p.m. Cycle Savannah	
Marceline Fitness: 6:00-6:45pm Max Fit Monica	Marceline Fitness: 6:00-6:45pm Country Heat Stephanie	Marceline Fitness: 6:00-6:45pm Max Fit Monica	Marceline Fitness: 6:00-6:45pm Country Heat Stephanie