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STRENGTH training
 flexibility running balance CARDIO Wellness
 ENDURANCE MUSCLE
 stamina free weights pilates heart
 MOVEMENT healthy mind·body
 Body Awareness
 BOOST SCULPT cycling
 barbells confidence relief group fitness

fitness events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Wear Red Friday	4 45 Day Turbo Shot 10 AM Secrets of Movement 3 PM
5 Ask the Trainer 10 AM Heart Health 5 PM	6	7	8	9	10 Buddy Week is February 11 - 17 Bring a friend to a Group Fitness Class	11 Kettlebell 101 10AM Heart Health 3 PM
12 Heart Health 12 PM 45 Day Turbo Shot 4 PM	<div data-bbox="565 1083 1238 1698" data-label="Complex-Block"> <p>FAT LOSS A Guide to the Finish Line <hr/> Maximize your results in a short amount of time. Push through those last few weeks to make quick changes to lose fat and keep it off. Monday, February 13th 7:30 PM</p> </div>		15	16 Body Fat Analysis 6 PM	17	18 45 Day Turbo Shot 11 AM Heart Health 4 PM
19 Kettlebell 101 11 AM 45 Day Turbo Shot 3 PM	20		22	23	24	25 Secrets of Movement 10 AM Kettlebell 101 4 PM
26 Ask the Trainer 10 AM Secrets of Movement 5 PM	27	28	29			
				February is American Heart Month Proper nutrition & exercise are the most important steps to prevent heart disease.		