

# ♥ February ♥

# The Falls Group Fitness Scheduel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:05 AM Spinning Judy	5:05 AM Body pump Judy	5:05 AM Spinning Judy	5:05 AM Body Sculpt Judy	5:05 AM Interval Training Judy	9:00 AM Spinning Sheila	2:00 PM Zumba Riza	<p>~Sexy Circuit~</p> <p>Looking to increase your bone dinsity, energy and balance as your body is aging? This combination of strength training, agility, and balance is sure to improve your overall wellness and performance in day-to-day activities!!</p> <p><b>**Meet in weight room**</b></p>
8:30AM Spinning Judy	8:30AM Step Interval Sandra	8:45 AM Tabata Dee	8:30AM Zumba Dee	8:30AM Spinning Judy	10:00 AM Body pump D'Lynn	3:00 PM Gravity Debbie	
9:30 AM Lift & Sculpt Dee	9:30 AM Zumba Dee	9:30 AM Body Sculpt Sandra	9:30 AM RIPPED Amee	9:30 AM Ultimate Lift Amee	11:00 AM INTRO Classes		
	9:30 AM Gravity Sheila	10:00 AM Gravity Debbie		10:30 AM Zumba Express Amee	<p><i>Not sure how to get started? Try these <b>INTRO</b> classes to get you going in the New Year!</i></p> <p>Feb 4th Turbo - D'Lynn Feb 11th Ripped - Shauna Feb 18th Hip Hop - Jayme Feb 25th Piyo - Amee (@ 11am on given date)</p>		
10:30 AM TurboKick Amee	10:30 AM Hip Hop Jayme	10:30 AM Pilates Sheila	10:30 AM Piloxing Shauna	10:30 Cardio Tennis (platinum only)			
11:00 AM Senior Circuit Shiela		10:30 AM Senior Circuit Sandra		10:45 AM Gravity Debbie			
11:15 AM Cardio Tennis (platinum only)		11:15 AM Cardio Tennis (platinum only)			<h2>Kids Korner</h2>		
4:30 PM RIPPED Jayme	4:30 PM Piyo Amee	4:30 PM Spin Circuit Judy			<p>Kids Club Hours- 8-12 Mon-Fri, 4:30-8 Mon-Thurs, Sat 9-12:30.</p>		
5:45 PM Spinning Sheila	5:45 PM Body Pump D'Lynn	5:45 PM Spin Judy	5:45 PM Zumba Karen		<p>Kid's Tennis!! QuickStart is M/W at 4:30 &amp; T/Th at 4:30. Munchkin Tennis is Tuesdays at 4! *Parents try a fitness class while the kids play!*</p>		
6:45 PM Turbo Kick D'Lynn	6:45 PM Tabata Dee	6:45 PM Pilaties Sheila	6:45 PM RIPPED Jayme		<p>Kid's Fitness Classes are Mon &amp; Wed @ 9:30 &amp; Kid's Zumba classes are Wed @ 10:30 &amp; Fri @ 9:30! (weather permitting)</p>		

Hours of Operation: Monday - Thursday 4:30 AM - 10 PM, Friday 4:30 AM - 8 PM, Saturday 8 AM- 8 PM, Sunday 12 PM - 8 PM

