

# FEBRUARY CLASS SCHEDULE

Effective 02/01/2019

**Time**                      **Class**                      **Instructor**                      **#**

## Monday

	5:30am	Cardio Muscle Cond	Jennifer Gray	1
	8:30am	Cardio and Weights	Laurel Rivera	1
**Sign-In	9:30am	Spinning	Mike Minielly	2
	10:30am	Zumba	Lois Costello	1
	12:00pm	Silver Sneakers Toning	Lois Costello	1
	5:30pm	Basic Training	Mike Minielly	1
**Sign-In	5:30pm	Spinning 45	Ally Cohen	2
	6:30pm	Butts & Gutts	Don Frazier	1
	7:30pm	Adult Tap	Susie Seigle	1

## Tuesday

**Sign-In	6:00am	Spinning	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:30am	Muscle Conditioning	Andrea Bernstein	1
	9:00am	KickBoxing	Omar Akl	3
**Sign-In	9:30am	Spinning	Steve Fink	2
	9:30am	Zumba	Mariya / Jade	1
	10:30am	Yoga	Mark Whitehead	1
	5:30pm	Full Throttle 50 mins	Don Frazier	3
	6:30pm	Zumba beat	Mariya Priymak	1
	6:30pm	KickBoxing	Omar Akl	3

## Wednesday

**Sign-In	8:15am	Abs and Arms	Mike Ligotti	1
	9:15am	Spinning	Mike minielly	2
	9:30am	Zumba	Lois Costello	1
	10:30am	Yoga Fusion	Karen Ockner	1
	5:30pm	TRX	Mike Minielly	3
	5:30pm	Club Zumba	Susie Seigle	1
**Sign-In	5:30pm	Spinning	Rebecca Starr	2
	6:30pm	Omovement	Omar Akl	3
	6:30pm	Butts & Gutts	Don Frazier	1

## Thursday

*Sign-in	6:00am	Spinning	Ally Cohen	2
	8:00am	Build That Body	Laurel Rivera	1
	9:00am	Basic Training	Mike Minielly	1
**Sign-In	9:00am	Spinning	Cheryl Heppard	2
	10:30am	Silver Sneakers Toning	Lois Costello	1
**Sign-In	5:30pm	Spinning	Mike Minielly	2
	6:00pm	KickBoxing	Omar Akl	3
	6:30pm	Dancercise	Mariya Priymak	1

## Friday

*Sign-in	5:30am	Boxing Boot Camp	Jennifer Gray	3
	6:00am	Spinning	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:00am	Target Training	Mike Ligotti	3
	8:45am	Club Zumba	Mariya / Jade	1
*Sign-in	9:00am	Spinning	Mike Minielly	2
	10:00am	Barre & Body Sculpt	Andrea Bernstein	1

## Saturday

**Sign-In	8:00am	Basic Training	Mike Minielly	1
	9:00am	Spinning 45	Mike Minielly	2
	9:30am	KickBoxing	Omar Akl	3
	9:30am	Zumba/Zumba Toning	Lois Costello	1
**Sign-In	10:00am	Spinning	Michael Piper	2
	11:00am	Yoga Stretch/Strengthen	Nichole Ferguson	1

## Sunday

**Sign-In	8:00am	Spinning	Mike Minielly	2
	8:30am	Full Body TRX	Julie Hirsch	3
	8:45am	Muscle Conditioning	Andrea Bernstein	1
	10:00am	Zumba	Julie Hirsch	1
	10:00am	Cardio KickBoxing	Jennifer Gray	3
	11:15am	Slowburn Yoga	Karen Ji	1

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