



SPORTS • FITNESS • FRIENDS

# FEBRUARY-PUMP IT UP ZONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |   |  |   |
|--|--|---|--|---|
|  |  |   |  |   |
| <b>2</b><br>Cardio Dance<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength-Stamina-Stretch 4:30-5:30pm  | <b>3</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Barre – 5:00-6:00pm<br><br>Zumba 6:10-7:00pm  | <b>4</b><br>Zumba Gold-Toning<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength Stamina-Stretch 4:30-5:30pm  | <b>5</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Yoga<br>5:30-6:30pm \$  | <b>6</b><br>Sweaty Secret<br>8:00-8:45am  |
| <b>9</b><br>Cardio Dance<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength-Stamina-Stretch 4:30-5:30pm  | <b>10</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Barre – 5:00-6:00pm<br><br>Zumba 6:10-7:00pm | <b>11</b><br>Zumba Gold-Toning<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength Stamina-Stretch 4:30-5:30pm | <b>12</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Yoga<br>5:30-6:30pm \$ | <b>13</b><br>Sweaty Secret<br>8:00-8:45am   |
| <b>16</b><br>Cardio Dance<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength-Stamina-Stretch 4:30-5:30pm | <b>17</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Barre-5:00-6:00pm<br><br>Zumba 6:10-7:00pm   | <b>18</b><br>Zumba Gold Toning<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength-Stamina-Stretch 4:30-5:30pm | <b>19</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Yoga<br>5:30-6:30pm \$ | <b>20</b><br>Sweaty Secret<br>8:00-8:45am   |
| <b>23</b><br>Cardio Dance<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:00 (Zoom)</b><br>Strength-Stamina-Stretch 4:30-5:30pm | <b>24</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Barre – 5:00-6:00pm<br><br>Zumba 6:10-7:00pm | <b>25</b><br>Zumba Gold-Toning<br>8:00-8:45am<br><b>Strength-Stamina-Stretch</b><br><b>11:30-12:30 (Zoom)</b><br>Strength-Stamina-Stretch 4:30-5:30pm | <b>26</b><br>Cardio Rhythmic Step<br>8:00-8:45am<br><br>Yoga<br>5:30-6:30pm \$ | <b>27</b><br>Sweaty Secret<br>8:00-8:45am   |
|  |  |   | <b>Zoom Number</b><br><b>603-851-2617</b><br><br><b>Code</b><br><b>7lw11z</b>  | <b>Riverside Hours:</b><br><b>Mon.-Thurs.</b><br><b>6am-8pm</b><br><br><b>Friday 6am-6pmSta</b><br><br><b>Saturday 7am-Noon</b><br><br><b>Sunday-12pm-4pm</b> |

Special Class Offered February 7<sup>th</sup> at 8:30-9:45 – Mash It UP On The Turf With Melissa!



SPORTS • FITNESS • FRIENDS

## FEBRUARY-TURF and POOL

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   |   |  |   |
| <b>2</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b>    | <b>3</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b>   | <b>4</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><b>Water Arthritis</b><br><b>10:00-11:00am</b>  | <b>5</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b>  | <b>6</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b>  |
| <b>9</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b>  | <b>10</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b>  | <b>11</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> | <b>12</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b> | <b>13</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> |
| <b>16</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> | <b>17</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b>  | <b>18</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> | <b>19</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b> | <b>20</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> |
| <b>23</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> | <b>24</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b>  | <b>25</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> | <b>26</b><br><b>Water Exercise</b><br><b>8:00-9:00am</b><br><br><b>Silver Sneakers Circuit</b><br><b>9:00-9:45am</b> | <b>27</b><br><b>Silver Sneakers Classic</b><br><b>9:00-9:45am</b><br><br><b>Water Arthritis</b><br><b>10:00-11:00am</b> |
|   | <b>Special Class Offered</b><br><b>February 7<sup>th</sup></b><br><b>8:30-9:45</b><br><b>MASH IT UP ON THE</b><br><b>TURF WITH</b><br><b>MELISSA!</b><br><b>Combo-Class</b> |   |  |   |