



SPORTS • FITNESS • FRIENDS

FEBRUARY-PUMP IT UP ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cardio Dance 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength-Stamina- Stretch 4:30-5:30pm	3 Cardio Rhythmic Step 8:00-8:45am Barre – 5:00-6:00pm Zumba 6:10-7:00pm	4 Zumba Gold-Toning 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength Stamina- Stretch 4:30-5:30pm	5 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	6 Sweaty Secret 8:00-8:45am
9 Cardio Dance 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength-Stamina- Stretch 4:30-5:30pm	10 Cardio Rhythmic Step 8:00-8:45am Barre – 5:00-6:00pm Zumba 6:10-7:00pm	11 Zumba Gold-Toning 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength Stamina- Stretch 4:30-5:30pm	12 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	13 Sweaty Secret 8:00-8:45am
16 Cardio Dance 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength-Stamina- Stretch 4:30-5:30pm	17 Cardio Rhythmic Step 8:00-8:45am Barre-5:00-6:00pm Zumba 6:10-7:00pm	18 Zumba Gold Toning 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength-Stamina- Stretch 4:30-5:30pm	19 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	20 Sweaty Secret 8:00-8:45am
23 Cardio Dance 8:00-8:45am Strength-Stamina- Stretch 11:30-12:00(Zoom) Strength-Stamina- Stretch 4:30-5:30pm	24 Cardio Rhythmic Step 8:00-8:45am Barre – 5:00-6:00pm Zumba 6:10-7:00pm	25 Zumba Gold-Toning 8:00-8:45am Strength-Stamina- Stretch 11:30-12:30 (Zoom) Strength-Stamina- Stretch 4:30-5:30pm	26 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	27 Sweaty Secret 8:00-8:45am
			Zoom Number 603-851-2617	Riverside Hours: Mon.-Thurs. 6am-8pm Code 7lw1z Friday 6am-6pm Sta Saturday 7am-Noon Sunday-12pm-4pm

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



FEBRUARY-TURF and POOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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