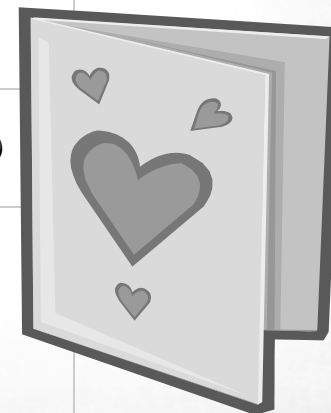


# February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30am</b> (60 min. unless indicated)		<b>Muscle Mix &amp; Core</b> (GA) Rotates every 2 months		<b>Step &amp; Sculpt</b> (GA) Rotates every 2 months	
<b>9:30am</b> (30 min. unless indicated)	<b>Water Aerobics</b> (GN)		<b>Water Aerobics</b> (GN)		
<b>11:15am</b> (45 min. unless indicated)	<b>Step</b> (GA)	<b>Interval Training</b> (GA) <b>Yoga Stretch</b> (GX/50 min) <b>Aqua Step &amp; Bells</b> (GN) Rotates every 2 months	<b>Back to Core &amp; Stretch</b> (GA)	<b>Low Impact</b> (GA)  ◆ <b>Pilates</b> (GX)	<b>Body Sculpt</b> (GA)  <b>Yoga Flow</b> (GX/50 min)
<b>12:15pm</b> (45 min. unless indicated)	<b>Cardio Circuits</b> (GA) Rotates every month <b>Tai Chi</b> (GX/50 min)  <b>Water Walk &amp; Tone</b> (GN) Rotates every 2 months	<b>Low Impact</b> (GA) Rotates every month  ◆ <b>Pilates</b> (GX)	<b>Step I.T.</b> (GA) Rotates every month	<b>Interval Training</b> (GA)  <b>Yoga Stretch</b> (GX/50 min)  <b>Aqua Kickboxing</b> (GN) Rotates every 2 months	<b>Step</b> (GA)
<b>1:15pm</b> (45 min. unless indicated)	<b>Basic Body Sculpt</b> (GA)  <b>Yoga Stretch</b> (GX/50 min)		<b>Yoga Challenge</b> (GX/50 min)	<b>Cycle</b> (GA)	
<b>4:30pm</b> (45 min. unless indicated)			<b>Cycle &amp; Sculpt</b> (GA) Rotates every month	<b>Body Sculpt</b> (GA)	
<b>5:30pm</b> (60 min. unless indicated)	<b>Cycle</b> (GA)  <b>Water Aerobics</b> (GN)	<b>Body Sculpt &amp; Balance</b> (GA)  <b>Water Aerobics</b> (GN)  <b>Yoga Flow</b> (GX)	<b>Pool Plyometrics</b> (GN/60 min) Rotates every 2 months		



◆Pilates Introductory Series is a pre-requisite for this class. +Registration required. Instructors may change without notice. A Health Check or a Medical Evaluation is required prior to participation in any class.