

February 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|---|----------|
| | | | 1 Kickboxing 9:00 Heather CC Shannon | 2 Step Interval 9:00 Shannon Functional Fitness 9:15 – Freda CC Tonya | 3 Bar, Ball & Band 9:00 Jill CC Shannon | 4 |
| 5 | 6 Step 9:00 Jill CC Shannon | 7 Independent Walk and Strength Functional Fitness 9:15 – Freda CC Shannon | 8 Circuit 9:00 Shannon CC Tonya | 9 Cardio Pilates 9:00 Heather Functional Fitness 9:15 – Freda CC Tonya | 10 Cardio 9:00 Shannon CC Tonya | 11 |
| 12 | 13 Barre 9:00 Heather CC Shannon | 14 Independent Walk and Strength Functional Fitness 9:15 – Freda CC Shannon | 15 Kickboxing 9:00 Heather CC Shannon | 16 Super Sculpt 9:00 Shannon Functional Fitness 9:15 – Freda CC Tonya | 17 Cardio 9:00 Jill CC Tonya | 18 |
| 19 | 20 Step Kick 9:00 Jill CC Shannon | 21 Independent Walk and Strength Functional Fitness 9:15 – Freda CC Tonya | 22 Circuit 9:00 Jill CC Shannon | 23 Stability Ball 9:00 Shannon Functional Fitness 9:15 – Freda CC Tonya | 24 Barre 9:00 Heather CC Tonya | 25 |
| 26 | 27 Step 9:00 Heather CC Shannon | 28 Independent Walk and Strength Functional Fitness 9:15 – Freda CC Tonya | 29 Kickboxing 9:00 Shannon CC Tonya | | | |