

February 2017 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Non-member drop-in rate is only \$5! And, your very first class is FREE!</p>		<p>1 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cardio Kick Boxing- Sunny</p>	<p>2 10:30 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba®- Kristen</p>	<p>3 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (Begin. 30 min.) Liza</p>	<p>4 8:00 am Tabata & Toning- Vickie 9:00 am Barre Blend- Steph 9:30 am Cycling – Jim</p>
<p>5 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy</p> <p><i>* Zumba Kids classes are 30 minutes</i></p>	<p>6 9:15 am Boot Camp- Vickie 6:00 pm Zumba® Kids- Joy 6:30 pm Cycling – Liza</p>	<p>7 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba®- Kristen</p>	<p>8 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:30 pm Barre Blend- Steph</p>	<p>9 10:30 am Mat Pilates Elaine 5:30 pm Cycling- Ilene 6:30 pm Zumba®- Kristen</p>	<p>10 10:30 am Line Dancing (advanced) Liza</p>	<p>11 8:00 am Step- Vickie 9:00 am Barre Blend- Steph 9:30 am Cycling – Mandy</p>
<p>12 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy</p>	<p>13 9:15 am Boot Camp- Vickie 6:00 pm Zumba® Kids- Joy 6:30 pm Cycling – Liza</p>	<p>14 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba®- Kristen</p> <p style="text-align: center;"><i>Happy Valentine's Day</i></p>	<p>15 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cardio Kick Boxing- Sunny</p>	<p>16 10:30 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba®- Kristen</p>	<p>17 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (Begin. 30 min.) Liza</p>	<p>18 8:00 am Tabata & Toning- Vickie 9:00 am Yoga- Sharon 9:30 am Cycling – Ilene</p>
<p>19 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy</p>	<p>20 9:15 am Boot Camp- Vickie 6:00 pm Zumba® Kids- Joy 6:30 pm Cycling- Liza</p>	<p>21 9:15 am Zumba®- Paula 6:30 pm Zumba®- Kristen</p>	<p>22 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:30 pm Barre Blend- Steph</p>	<p>23 10:30 am Mat Pilates Cancelled 5:30 pm Cycling- Mandy 6:30 pm Zumba®- Kristen</p>	<p>24 10:30 am Line Dancing (advanced) Liza</p>	<p>25 8:00 am Step- Vickie 9:00 am Power Yoga- Jill 9:30 am Cycling – Ilene</p>
<p>26 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba® - Joy</p>	<p>27 9:15 am Boot Camp- Vickie 6:00 pm Zumba® Kids- Joy 6:30 pm Cycling – Liza</p>	<p>28 9:15 am Zumba®- Paula 6:30 pm Zumba®- Kristen</p>			<p>www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road</p>	