




February 2018 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 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba@- Kristen</p>	<p>2 10:30 am Line Dancing (advanced) Liza</p>	<p>3 8:00 am Pound- Steph 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene</p>
<p>4 8:15 am Cycling – Liza 9:30 am Zumba@ - Joy</p> <p>* Zumba Kids classes are 30 minutes</p>	<p>5 9:15 am Boot Camp- Liza 6:00 pm Zumba@ Kids- Joy 6:30 pm Cycling - Liza</p>	<p>6 9:15 am Zumba@- Paula 5:30 pm Yoga – CANCELLED 6:30 pm Zumba@- Kristen</p>	<p>7 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza</p>	<p>8 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba@- Kristen</p>	<p>9 10:30 am Line Dancing (advanced) Liza</p>	<p>10 8:00 am Step- Vickie 9:30 am Cycling- Jim</p>
<p>11 8:15 am Cycling – Liza 9:30 am Zumba@ - Joy</p>	<p>12 9:15 am Boot Camp- Vickie 6:00 pm Zumba@ Kids- Joy 6:30 pm Cycling- Liza</p>	<p>13 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@- Kristen</p>	<p>14 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza</p> <p><i>Abby Valentine's Day</i></p>	<p>15 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba@- Kristen</p> <p>Happy birthday Liza!!!</p>	<p>16 10:30 am Line Dancing (advanced) Liza</p>	<p>17 8:00 am Tabata & Toning- Vickie 9:15 am Pi-Yo- Sharon 9:30 am Cycling- Ilene</p>
<p>18 8:15 am Cycling – Liza 9:30 am Zumba@ - Joy</p>	<p>19 9:15 am Boot Camp- Vickie 6:00 pm Zumba@ Kids- Joy 6:30 pm Cycling- Liza</p>	<p>20 9:15 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen</p>	<p>21 5:30 am Cycling- Jim 9:15 am Tabata & Toning- Liza</p>	<p>22 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Mandy 6:30 pm Zumba@- Kristen</p>	<p>23 10:30 am Line Dancing (advanced) Liza</p>	<p>24 8:00 am Step- Vickie 9:30 am Cycling- Cara</p>
<p>25 8:15 am Cycling – Liza 9:30 am Zumba@ - Joy</p>	<p>26 9:15 am Boot Camp- Vickie 6:00 pm Zumba@ Kids- Joy 6:30 pm Cycling- Liza</p>	<p>27 9:15 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen</p>	<p>28 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza</p>	<p>www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road</p>		