










TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Kickboxing: Amy	Step: Diana	Kickboxing: Amy	Cardio Boot Camp: Diana	(5:30) Indoor Cycling: Steve	Feb. 4: 9:00 am Boot Camp: Diana 10:00 am Zumba: Amanda L. Feb. 11: 9:00 am Boot Camp: Crista 10:00 am Yoga: Crista Feb. 18: 9:00 am Step: Diana 10:00 am Zumba: Amanda L. Feb. 25: 9:00 am Boot Camp: Crista 10:00 am Yoga: Crista
8:00 AM	SilverSplash: Chris  (Open to all)		SilverSplash: Chris  (Open to all)		SilverSplash: Chris  (Open to all)	
8:30 AM	Toning: Susan	Step 'n Tone: Chris	Toning: Susan	Step 'n Tone: Chris	Toning: Susan	
9:30 AM	Cardio: Angie	Silver Sneakers: Angie  (Open to all)	Indoor Cycling: Angie	Silver Sneakers: Angie  (Open to all)	Step: Angie	
11:00 AM	Zumba®: Amanda L.  Join the party!	(10:30) Tai Chi: Stephen	Yoga: Crista		Yoga: Crista	
12:15 PM	Upper body machines: Kristen G.	Legs & intervals: Kristen G.	Upper body & intervals: Kristen G.	Leg machines: Kristen G.	Cardio: Marsha	
12:45 PM	Core & Stretching: Kristen G.	Core & Stretching: Kristen G.	Core & Stretching: Kristen G.	Core & Stretching: Kristen G.	Rock Climbing Wall available M-F 8:00AM-8:00PM & Sat. 9AM-3PM Free for members!	
4:30 PM	M-F Supervised Playtime 4:00-8:00PM	Yoga: Laurie J.	Indoor Cycling: Robin	Cardio Mix: Robin		
5:15 PM		Indoor Cycling: Robin	Core & Stretching Training: Kristen G.	Boxing: Francisco: Real boxing drills/techniques!		Core & Stretching Training: Kristen G.
6:00 PM		Pilates: Jennifer	Zumba®: Amanda L. 	Power Pilates: Jennifer		Zumba®: Amanda L. 
7:00 PM			Join the party! 	7:00Zumba®: Amanda L.  Join the party!		



**Fit For Life reserves the right to cancel or reschedule activities without notice. Classes with fewer than 5 members present may be cancelled up to 15 minutes after scheduled start time.