



Attend any group exercise class & we'll donate \$1 per class to Cookies for Kids' Cancer. Bring a guest and we'll donate \$5 per class they attend! Registration will take place 30 minutes in advance of each class at the table in front of Studio A.

FRIDAY 2/11

4:30pm Ber's Boot Camp
5:00pm Feel Good Yoga
5:30pm Cycle
5:30pm BODYPUMP™ EX
6:30pm Nia "JUST DANCE"
6:30pm Zumba® "LOVE"

SUNDAY 2/13

9:00am Hatha Yoga: Foundations
9:15am CORE™
9:30am BODYFLOW™ EX
10:00am RPM™
10:00am BODYPUMP™ EX
10:00am Aqua Fit
10:15am Hatha Yoga I/II
10:30am Barre
11:00am BODYSTEP™ EX
11:00am Aqua Zumba®
11:15am Cycle
11:30pm Yin Yoga
12:00pm Simply Strength
12:00pm Nia

SATURDAY 2/12

8:00am BODYPUMP™ EX
8:15am Barre
8:30am RPM™
8:30am Vinyasa Yoga I/II
9:00am BODYCOMBAT™ EX
9:20am WATERinMOTION®
9:30am BODYFLOW™ EX
10:00am Zumba®
10:00am Hatha Yoga I/II
10:15am Athletic H2O
10:15am Cycle
10:30am Outdoor Athletic Conditioning
10:45am Nia
11:00am Step Party
11:30am Yin Yoga
11:45am Cardio Dance Mix
12:00pm CORE™
12:45pm Athletic Conditioning
12:45pm Fitness Yoga
1:00pm Kids Yoga (Ages 5 - 10)
1:45pm Kids Yoga (Ages 5 - 10)
1:45pm BODYPUMP™ EX