



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 7:30 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG	<b>2</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	<b>3</b>
<b>4</b>	<b>5</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:30 Cardio Kick-KW	<b>6</b> 8:00 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL	<b>7</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:30 STEP & SCULPT-KW	<b>8</b> 7:30 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG	<b>9</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	<b>10</b>
<b>11</b>	<b>12</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:30 Cardio Kick-KW	<b>13</b> 8:00 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL	<b>14</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:30 STEP & SCULPT-KW	<b>15</b> 7:30 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG	<b>16</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	<b>17</b>
<b>18</b>	<b>19</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:30 Cardio Kick-KW	<b>20</b> 8:00 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL	<b>21</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:30 STEP & SCULPT-KW	<b>22</b> 7:30 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG	<b>23</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	<b>24</b>
<b>25</b>	<b>26</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:30 Cardio Kick-KW	<b>27</b> 8:00 Spin –VI 8:30 Yoga –VI 4:30 GROUP WALKING/ MUSCLE TONING-JL	<b>28</b> 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:30 STEP & SCULPT-KW			

**HOURS OF OPERATION**  
**MONDAY-THURSDAY**  
 5:00AM-9:00PM  
**FRIDAY**  
 5:00AM-7:00PM  
**SATURDAY**  
 8:00AM-3:00PM  
**SUNDAY**  
 1:30PM-5:00PM

**YMCA INSTRUCTORS**

MA- Meka Adams  
 JL- Jo Ann Lipscomb  
 KF- Kaye Fowler  
 BG- Brian Gregory  
 VI- Virtual Instructor  
 SP- Sonja Pruitt  
 KW- Kristen Wilkins

**CHILD WATCH HOURS**  
**MONDAY-FRIDAY**  
 8:00AM-11:00AM  
**MONDAY-THURS**  
 4:00PM-8:00PM  
**NO WEEKEND HOURS**