

FITNESS FEBRUARY

GROUP EXERCISE SCHEDULE

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a	SPINNING 5:10-6:00a Marie	CORE STRENGTH 5:10-6:00a Ed	SPINNING 5:10-6:00a Marie	CORE STRENGTH 5:10-6:00a Ed	SPINNING 5:10-6:00a Marie	
6:00a	YOGA 6:00-7:00a Greg		CORE STRENGTH 5:10-6:00a Ed		YOGA 6:00-7:00a Greg	
8:00a	TOTAL BODY PILATES 8:30-9:30a Ginny		YOGA 6:00-7:00a Greg			ZUMBA 8:30-9:30a Michelle
9:00a	R.I.P.P.E.D. 9:30-10:30a Ginny		ZUMBA 9:30-10:30a Susy			ZUMBA 10:00-11:00a Alex
11:00a	Pilates Fusion 9:30-10:30a Greg		Pilates Fusion 9:30-10:30a Greg		Pilates Fusion 9:30-10:30a Greg	
6:00p	ZUMBA 6:00-7:00p Michelle	SPINNING 6:00-6:45p Ed	ZUMBA 6:00-7:00p Michelle	SPINNING 6:00-6:45p Ed		
9:00p	ZUMBA 7:15-8:15p Alex	ZUMBA 7:00-8:00p Stephanie	ZUMBA 7:15-8:15p Alex	ZUMBA 7:00-8:00p Stephanie		



CHILD CARE IS AVAILABLE
FROM 8am-8pm MONDAY-FRIDAY
 see fitness attendant for details

FOR QUESTIONS PLEASE CONTACT LILIA PAREDES VIA E-MAIL: LPAREDES@MCDERMONTFIELDHOUSE.COM