



FEBRUARY 2019 FITNESS SCHEDULE

SUNDAY

9:00 A.M.
*FLOW YOGA
Wendy

MONDAY

7:00 A.M.
CIRCUIT
Svetlana

8:15 A.M.
SPIN
Abby

9:00 A.M.
VINYASA YOGA
Tami

5:00 P.M.
RESTORATIVE
YOGA
Tami

TUESDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Marisa

WEDNESDAY

7:00 A.M.
CIRCUIT / FLOOR
FUISON
Marisa

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
PILATES
Marisa

POP UP
SINGING BOWL
YOGA
FEB. 20th
5:00 P.M.

5:00 P.M.
RESTORATIVE
YOGA
Tami

THURSDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Abby

10:30 A.M.
WERQ!
Kirsten

FRIDAY

7:00 A.M.
CIRCUIT
Marisa

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

SATURDAY

8:00 A.M.
SPIN
Marisa

9:00 A.M.
STRECH 101
Lisa

9:15 A.M.
SPIN(45 min)
Marisa

9:15 A.M.
*AERIAL YOGA
Carolyn

9:30 A.M.
PILATES
Lisa

*Classes are held at the Nicklaus Fitness Center & are for Full Members and their guests.