



# FEBRUARY 2021 FITNESS SCHEDULE

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

7:30 A.M.  
CARDIO/CIRCUIT  
Svetlana

8:30 A.M.  
HITT 30 MIN  
CARDIO  
Marisa

9:00 A.M.  
VIRTUAL WERQ!  
Kirsten

8:30 A.M.  
HITT 30 MIN  
CARDIO  
Marisa

8:30 A.M.  
HITT 30 MIN  
CARDIO  
Marisa

9:00 A.M.  
\*\*FLOW YOGA  
Wendy

9:00 A.M.  
VINYASA YOGA  
Tami

9:00 A.M.  
VINYASA YOGA  
Tami

9:00 A.M.  
VINYASA YOGA  
Tami

9:00 A.M.  
\*\*ARIEL YOGA  
Wendy

9:30 A.M.  
SCULPT & TONE  
Jaclyn/Marisa

9:30 A.M.  
SCULPT & TONE  
Tiffany/Marisa

9:30 A.M.  
PILATES  
Lisa

10:30 A.M.  
\*\*TRX  
Thea/Marisa

10:30 A.M.  
\*\*TRX  
Thea/Marisa

4:00 P.M.  
RESTORATIVE  
YOGA  
Lindsey