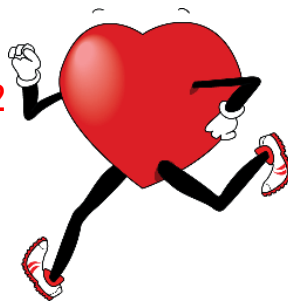


Adult Group Fitness

Effective Feb 4– March 2

FEBRUARY



SENIORS Studio1
All fitness levels; modifications given– Studio 1 unless noted
CYCLE—Studio 2
AQUA– Recreational Pool Except

myzone MyZone enabled class

RICHARD E. WORKMAN
Sports & Wellness
Complex



Download the Workman Sports Complex App for a detailed description of classes and last minute schedule changes

Facebook: Workman Sports Complex
Instagram: WorkmansportsCo
www.workmansportscomplex.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM Power Hour Emily myzone	5AM Body Blast Holly	5:15-6:15AM Triple 20 Kelly R Cycle Treadz Wts myzone	5AM Body Blast Holly	5AM Treadz & Weightlifting Emily myzone	6-6:45 AM TREADZ &TRX Emily myzone
8AM AquaFit Combo Bonnie	5:15AM Cycle Diane	8 AM AquaFit Combo Bonnie	5:15AM Cycle Diane	5:30AM Cycle Michelle B	7-8AM Cycle Fusion Michelle
8AM Power Hour Carrie myzone	6:15-6:45AM TRX Michelle Studio 2	8AM High Fitness Carrie myzone	6:15-6:45AM TRX Michelle Studio 2	8:15 AM Barre Carrie	8AM Kickboxing- Step Stacia
8:30 AM Cycle Theresa	7AM Beginner's Yoga Michelle	8:30AM Cycle Theresa	7AM Yoga Michelle	8AM AquaFit Combo Bonnie	9AM Aqua Stix Kelly S
9am Aqua Fitness Michelle	8AM- REDShred Tara Studio 2/Treadmills myzone	9AM Aqua Fitness/Stretch Annette	8AM -REDShred Tara Studio 1 myzone	8:30AM Cycle Karen	9:30AM Aqua Zumba Kelly S
9:15AM Sensational Seniors - Christy	9AM Aqua Tai Chi Bonnie	9:15 Strength & Stretch Christy	8:15AM PiYO Christy Studio 2	9AM Aqua Fitness/Stretch Annette	
10AM Aqua Yoga Michelle	10AM Aqua Low Impact Bonnie	12-12:30PM Cycle Rob	9AM Aqua Tai Chi Bonnie		
4:15PM Aqua Fitness Celine	5-5:30PM Core & More Emily	5:15-6 PM Dance Fit Kari	9:15AM Sensational Seniors DRUMS Christy	<p>* SuperBowl Sampler Sunday Feb 3 12– 2:30PM sampling of classes</p> <p>* MyZone Heartrate monitors for sale or single class rental (\$5) for Red Shred</p> <p>* Valentine's Partner Yoga Feb 14, 7-8PM Extra fee; register @front desk.</p> <p>* Feb 23– 8:30-10AM R66 Half Way There Event—Join us for a group workout & learn nutrition tips & options from a handful of local vendors.</p> <p>* Feb 23, 10:45AM EXTRA FREE CLASS- Beachbody MasterTrainer -TurboKick</p> <p>* TRX is FREE this month for members!</p>	
5:15-6 PM Dance Fit Kari	5:30-6:15PM Basic BootCamp Stacia	5:30PM Cycle Kickboxing Combo Stacia	10AM Aqua Fitness Celine		
Swimming Basics 5:30-6PM Rob H.	5:30PM EnduranceCycle Rob	5:30—6PM Aqua Stix Kelly S	4:15PM Aqua Fitness Celine		
6PM Cycle Michelle	6PM Deep Water Aqua Michelle	6PM Aqua Zumba Kelly S	5-6PM Power Hour Emily myzone		
6:15-7PM Kickboxing- Step Stacia	6:15PM Yoga Flow Vickie D		5:30PM EnduranceCycle Rob		
7:15-8PM Yoga Pilates Fusion Kelly R.			6PM Insanity Stacy myzone		
			TRX 6:30-7PM Studio 2 ROB		



Classes are subject to change due to participation
Questions? Contact Carrie Wegman