

FEBRUARY SCHEDULE

NFC COOKEVILLE



Phone: (931) 526-2500

CLASS DESCRIPTIONS

BP-Body Pump AMA-All Mighty Abs FY-Fitness Yoga C/A-Cycle and abs
 BS-Body Step C-Cycle M-Muscle 20-20/20/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 BS/M Lisa		8:30 C Lisa 9:15 M Carylnann	5:15 AMA Jana	9:00 C Lisa	10:30 BP Jana
	5:00 20 carissa	5:00 BS Lisa 5:45 FY Janice 6:30 BP Jana		5:00 c/a carissa		

Club Hours Sun 12-5 Mon-Thurs 5-10 Fri 5-9 Sat 8-6

Childcare Hours Mon-Fri 8-12 & 4-8pm and Sat 8-12pm

Happy Valentine's Day to all our Fit class groupies!- We love you!

