

# FEBRUARY GROUP FITNESS COURT SOUTH



## CLASS DESCRIPTIONS

BA-BodyAttack  
BC-BodyCombat  
BS-BodyStep

BP-BodyPump  
BD-BellyDance  
FS-Freestyle Step

GCC-Gentle Cardio Conditioning  
Flow- BodyFlow  
LF-High Intensity Water Aerobics

P- Pilates Mat  
PiYo-Pilates & Yoga  
Spin-Cycling

AF-Aqua Force  
W-Water Aerobics  
WTH-Water Therapy  
Y-Yoga

**\*Please remember to sign in when you attend classes!\***

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>WEST</b>		8:30 BA <b>Holly</b> 9:30 BP* <b>Holly</b> 10:30 Spin* <b>Lee Ann</b> 11:15 AF <b>Kim P</b> 12:00 BP* <b>Shari</b>	6:00 Spin* <b>Bill</b> 9:30 BS <b>Suzan</b> 10:30 P <b>Rachel D</b> 10:30 WTH <b>Ellen</b>	8:30 BA <b>Reece</b> 9:30 BP* <b>Geena</b> 10:30 Spin* <b>Eleanore</b> 10:30 W <b>Shirley</b> 12:00 BP* <b>Sidney</b>	6:00 Spin* <b>Joe</b> 9:30 BS <b>Laura</b> 10:30 WTH <b>Ellen</b> 10:30 Spin* <b>Marylly</b>	8:30 BC <b>Lisa</b> 9:30 BP* <b>Lisa</b> 10:30 WTH <b>Kim P</b> 10:30 Spin* <b>Terra</b> 12:00 BP <b>Damaris</b>	8:00 BP* <b>April</b> 9:00 Spin* <b>Terra</b> 9:00 BS <b>Lauren</b> 10:15 BP* <b>Terra</b> 11:30 Y <b>OJ</b>		
	4:00 BP* <b>Lissa</b> 5:00 Spin* <b>Eric</b> 5:00 BA <b>Lissa</b>	5:15 BS <b>Terra</b> 6:00 Spin* <b>Marylly</b> 6:00 AF <b>Pearl</b> 6:15 Jam <b>Lissa</b> 7:15 Flow <b>Mary</b> 8:15 BP* <b>Jillian</b>	5:00 BA# <b>Lisa</b> 5:30 Spin* <b>Eric</b> 6:00 BP* <b>Lissa</b> 7:15 Y# <b>Tee</b>	5:15 BS <b>Lauren</b> 6:15 BC <b>Lissa</b> 6:00 Spin* <b>Rhonnda</b> 7:15 BA <b>Clarissa</b> 8:15 BP* <b>Becky</b>	5:00 Y <b>OJ</b> 5:30 Spin* <b>Rhonnda</b> 6:00 LF# <b>Pearl</b> 6:00 BP* <b>Melissa</b> 7:00 Jam <b>Melissa</b>	4:30 BC <b>Elizabeth</b> 5:30 Spin* <b>T</b> 5:30 BA <b>Mary</b>			
	<b>WEST CLUB 470-3600 # Allows Non-Prime Access * Requires sign-in 15 minutes before class</b>								
	<b>NORTH</b>		5:30 Spin* <b>Ashlee</b> 9:30 Spin* <b>Damaris</b> 5:00 BP* <b>Sarah L</b> 6:00 BS <b>Sharon</b> 6:00 Spin* <b>Tee</b> 7:00 Y# <b>Tee</b>	5:30 BP* <b>Kim G</b> 9:30 BP* <b>Sarah L</b> 5:00 BS <b>Mary</b> 6:00 BP* <b>Shari</b> 7:00 BA# <b>Myrna</b>	5:30 BS <b>JoAnn</b> 5:00 BP* <b>Stephanie</b> 6:00 Jam <b>Myrna</b> 6:00 Spin* <b>Tee</b>	5:30 BP* <b>Jack</b> 9:30 BP* <b>Trillia</b> 5:00 Flow <b>Mary</b> 6:00 BP* <b>Tee</b>	5:30 Spin* <b>Debby</b> 9:30 BS <b>Trillia</b>	8:00 Spin* <b>Debby</b> 9:00 BP* <b>Allyson</b> 10:00 BC <b>Allyson</b>	
		4:00 BP* <b>Stephanie</b> 5:00 Flow <b>Jorgene</b>	6:00 Spin* <b>Tee</b> 7:00 Y# <b>Tee</b>	6:00 BP* <b>Shari</b> 7:00 BA# <b>Myrna</b>	6:00 Jam <b>Myrna</b> 6:00 Spin* <b>Tee</b>	5:00 Flow <b>Mary</b> 6:00 BP* <b>Tee</b>			
		<b>NORTH CLUB 688-3600 SOUTH CLUB 579-3600 North &amp; South Club Hours: M - F 5am - 11pm, Sat &amp; Sun 7am - 7pm</b>							
		<b>SOUTH</b>		6:00 Spin* <b>Hester</b> 9:30 BS <b>Laura</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Mary</b> 10:30 Y# <b>OJ</b> 4:30 BC <b>Allyson</b>	6:00 BP* <b>Hester</b> 9:30 BP* <b>Holly</b> 4:30 BP* <b>Reece</b> 6:00 Jam <b>Allyson</b> 6:00 Spin* <b>Damaris</b> 7:00 Flow <b>Hester</b>	6:00 Spin* <b>Bill</b> 9:30 BC <b>Lisa</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	6:00 BP* <b>Reece</b> 9:30 BP* <b>Lisa</b> 4:30 BA <b>Hester</b> 6:00 BS <b>Stephanie</b> 6:00 Spin* <b>T</b>	6:00 Spin* <b>Jeff</b> 9:30 BA <b>Holly</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	9:00 BP* <b>Damaris</b> 10:00 Jam <b>Reece</b> 11:00 Flow <b>Reece</b>
			3:30 BP* <b>Amanda</b> 4:30 FS <b>Caroline</b>	6:00 Spin* <b>Hester</b> 9:30 BS <b>Laura</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Mary</b> 10:30 Y# <b>OJ</b> 4:30 BC <b>Allyson</b>	6:00 BP* <b>Hester</b> 9:30 BP* <b>Holly</b> 4:30 BP* <b>Reece</b> 6:00 Jam <b>Allyson</b> 6:00 Spin* <b>Damaris</b> 7:00 Flow <b>Hester</b>	6:00 Spin* <b>Bill</b> 9:30 BC <b>Lisa</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	6:00 BP* <b>Reece</b> 9:30 BP* <b>Lisa</b> 4:30 BA <b>Hester</b> 6:00 BS <b>Stephanie</b> 6:00 Spin* <b>T</b>	6:00 Spin* <b>Jeff</b> 9:30 BA <b>Holly</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	9:00 BP* <b>Damaris</b> 10:00 Jam <b>Reece</b> 11:00 Flow <b>Reece</b>
				6:00 Spin* <b>Hester</b> 9:30 BS <b>Laura</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Mary</b> 10:30 Y# <b>OJ</b> 4:30 BC <b>Allyson</b>	6:00 BP* <b>Hester</b> 9:30 BP* <b>Holly</b> 4:30 BP* <b>Reece</b> 6:00 Jam <b>Allyson</b> 6:00 Spin* <b>Damaris</b> 7:00 Flow <b>Hester</b>	6:00 Spin* <b>Bill</b> 9:30 BC <b>Lisa</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	6:00 BP* <b>Reece</b> 9:30 BP* <b>Lisa</b> 4:30 BA <b>Hester</b> 6:00 BS <b>Stephanie</b> 6:00 Spin* <b>T</b>	6:00 Spin* <b>Jeff</b> 9:30 BA <b>Holly</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	9:00 BP* <b>Damaris</b> 10:00 Jam <b>Reece</b> 11:00 Flow <b>Reece</b>
			6:00 Spin* <b>Hester</b> 9:30 BS <b>Laura</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Mary</b> 10:30 Y# <b>OJ</b> 4:30 BC <b>Allyson</b>	6:00 BP* <b>Hester</b> 9:30 BP* <b>Holly</b> 4:30 BP* <b>Reece</b> 6:00 Jam <b>Allyson</b> 6:00 Spin* <b>Damaris</b> 7:00 Flow <b>Hester</b>	6:00 Spin* <b>Bill</b> 9:30 BC <b>Lisa</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	6:00 BP* <b>Reece</b> 9:30 BP* <b>Lisa</b> 4:30 BA <b>Hester</b> 6:00 BS <b>Stephanie</b> 6:00 Spin* <b>T</b>	6:00 Spin* <b>Jeff</b> 9:30 BA <b>Holly</b> 9:30 WTH <b>Jack</b> 9:30 GCC <b>Rachel D</b> 10:30 Y <b>OJ</b>	9:00 BP* <b>Damaris</b> 10:00 Jam <b>Reece</b> 11:00 Flow <b>Reece</b>	

