

February Fitness Class Schedule

Studios Phone: 623-935-6752
 TF Fit Ctr Phone: 623-935-6740
 EN Fitness Ctr Phone 623-935-6783

Hrs: M-Sat 8am-4pm;
 Sun 8-12pm

All Classes \$6.00 (\$4.50 w/prepaid package) unless specified
 Guests may not use discounted package

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Total Body Conditioning w/ Carla		Total Body Conditioning w/ Carla			
	Hydro Challenge - TF w/ Janet	Hydro Challenge -TF w/ Janet	Hydro Challenge-TF w/ Janet			
8:00	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	Cardio/Strength Combo w/ Jennifer
	Strictly Strength w/ Sonia	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia	
			Stillness in Motion/Tai Chi w/ Charlie			
9:00	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Yin Yoga w/ Laine	Cardio Dance w/ Carla	Zumba w/ Cindy
		Cardio/Strength Combo w/ Jennifer		Cardio/Strength Combo w/ Jennifer		
	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
10:00	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
		Stretch & Strength w/ Sonia		Stretch & Strength w/ Sonia		
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	
	HapKiDo w/ Michael	Country Fitness w/ Cortney	HapKiDo w/ Michael	Dance Fusion Studio #2 11-2	Beginner Country Fitness w/ Cortney	
1:00	Line Dance Club	Cardio Dance w/ Carla		Dance Fusion Studio #2 11-2, Golf 1-2:30 #3		
	Dance Fusion		Dance Fusion			
2:00	Line Dance Club	Yin & Meditation w/ Stephanie	Slow Flow w/ Stephanie	Ballroom Dance 2-4, Studio #1, Golf 1:2:30 #3	Special Events: Yoga Nidra - 2/12 at 3PM & 4:15 PM - registration starts 1/31 in the Studios	
2:30	Dance Fusion	Aqua Zumba w/ Helen (EN Pool)	Aqua Zumba w/ Barbara (EN Pool)	Aqua Zumba-TF w/ Cindy (TF Outdoor Pool)	Floating Soundbath - 2/4 and 2/18 at 7PM - Tuscan Indoor Pool	
3:00	Unwind Body & Mind w/ Laine		Yin Yoga w/ Laine	Ballroom Dance 2-4, Studio #1	 Happy Valentine Day	

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/