

**Mardi Gras Schedule:
February 20-26**

FREE Group Classes

MON. Feb. 20

6:15am - 7:15am

Bootcamp

Allison H. | Lakeside

11:00am - 12:00pm

Aqua Cardio

Debra | Shallow Water

12:00pm - 12:45pm

Kettlebells

Shanda | Lakeside

Barre

Rebecca | Riverside

4:30pm - 5:25pm

ABT (Abs, Buns, and Thighs)

Joe | Lakeside

5:00pm - 6:00pm

Bootcamp

Sam | Uptown Gym

Zumba

Kirsten | Riverside

5:30pm - 6:00pm

Abs

Joe | Lakeside

5:30pm - 6:30pm

Aqua Power Hour

Lisette | Shallow Water

6:15 - 7:15pm

Power Circuit

Milo | Uptown

Zumba

Luz | Lakeside

7:30 - 8:30pm

Vixen Workout

Vanessa | Lakeside

TUES. Feb. 21

6:15am - 7:15am

Body Pump

Alisa | Lakeside

6:45am - 7:45am

Marine Core

Verna | Shallow Water

9:00am - 10:00am

SilverSneakers® Classic

Debra | Lakeside

12:00pm - 12:45pm

Power Circuit

Linnea | Lakeside

4:00pm - 5:00pm

PulsePointe Barre®

Carrie | Riverside

5:15pm - 6:00pm

Turbokick

Kim W. | Lakeside

5:30pm - 6:30pm

Step & Sculpt

Kim C. | Riverside

6:15pm - 7:15pm

Body Pump

Jenna | Lakeside

6:45pm - 7:45pm

Zumba

Vickie | Riverside

7:30pm - 8:30pm

Latin Dance

Vanessa C. | Lakeside

WED. Feb. 22

6:15am - 7:15am

Bootcamp

Allison H. | Lakeside

PulsePointe Barre®

Carrie | Riverside

9:00am - 10:00am

AOA50+ Cardio Dance

Debra | Lakeside

11:00am - 12:00pm

Deep Water Conditioning

Debra | Deep Water

12:00pm - 12:45pm

Bootcamp

Joe | Lakeside

PulsePointe Barre®

Lauren | Riverside

4:30pm - 5:30pm

Zumba

Shayra | Riverside

5:00pm - 6:00pm

Power Circuit

Joe | Lakeside

THUR. Feb. 23

6:15am - 7:15am

Body Pump

Margaret | Lakeside

6:45-7:45am

Aqua Aerobics

Verna | Shallow Water

9:00-10:00am

SilverSneakers® Classic

Monica | Lakeside

12:00-12:45pm

Kettlebells

Hannah S. | Riverside

4:00-5:00pm

Zumba

Monisha | Riverside

FRI. Feb. 24

6:15-7:15am

Kettlebells

Shanda | Lakeside

6:15-7:15am

PulsePointe Barre®

Michele | Riverside

9:00-10:00am

AOA-50+ PiYo

Debra | Diboll Studio B

12:00-12:45pm

Zumba

Becca | Lakeside

SAT. Feb. 25

9:00-10:00am

Step & Sculpt

Cherie/Kim C./Chandra | Lakeside

12:30-1:30pm

Bolly X (NEW)

Vickie/Becca/Adja | Lakeside

SUN. Feb. 26

Mardi Gras Schedule: February 20-26

Cycling, Yoga, & Pilates

Single Class Pass: \$5
 Student Semester Pass: \$30
 Member Semester Pass: \$40

Indoor Cycling / Yoga & Pilates Pass General Information

Members must purchase either an Indoor Cycling Pass or a Yoga & Pilates Pass from Member Services to participate in any of our classes.

Please arrive 10 minutes early for set up. Mats & props are provided for Yoga & Pilates. *At no point are any Passes ever prorated.*

MON. Feb 20	TUES. Feb 21	WED. Feb. 22	THUR. Feb. 23	FRI. Feb. 24
<p><u>6:15am - 7:15am</u> Cycle 60 Kim W. Cycling Studio</p> <p>Sunrise Vinyasa Emily S. Diboll Studio A</p> <p><u>5:30pm - 6:30pm</u> Cycle 60 Laurence Cycling Studio</p> <p>Power Flow Louis Diboll Studio A</p> <p><u>6:30pm - 7:30pm</u> Mat Pilates Emily C. Diboll Studio B</p>	<p><u>6:15am - 7:10am</u> Cycle 55 Michele Cycling Studio</p> <p>Sunrise Power Flow Krista Diboll Studio A</p> <p><u>12:00pm - 12:45pm</u> Cycle 45 Bruce/Becca Cycling Studio</p> <p>Hatha Yoga Anne Diboll Studio B</p> <p><u>5:15pm - 6:15pm</u> Hatha Yoga Maeghan Diboll Studio A</p> <p><u>5:30pm - 6:30pm</u> Cycle 60 Milo Cycling Studio</p>	<p><u>6:15am - 7:15am</u> Cycle 60 Alison C. Cycling Studio</p> <p>Sunrise Vinyasa Emily S. Diboll Studio A</p> <p><u>5:30pm - 6:30pm</u> Mat Pilates Louis Diboll Studio A</p> <p><u>5:45pm - 6:45pm</u> Cycle 60 Sara Cycling Studio</p>	<p><u>6:15am - 7:15am</u> Cycle 60 Lauren</p> <p><u>12:00pm - 12:45pm</u> Cycle Strength Winnie</p> <p>Hatha Yoga Anne Diboll Studio B</p>	<p><u>6:15am - 7:15am</u> Cycle 60 Heather Cycling Studio</p> <p><u>12:00pm - 12:45pm</u> PiYo Chandra Diboll Studio B</p>
SAT. Feb. 25				
<p><u>9:00am - 10:15am</u> Sunrise Vinyasa Chloe Diboll Studio A</p> <p><u>10:30am - 12:00pm</u> Cycle Core Milo Cycling Studio</p>				
SUN. Feb. 26				
<p><u>11:30am - 1:00pm</u> Power Flow Derby. Diboll Studio B</p>				

