


February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Ladies' Fitness Center 919.545.0099</p> <div style="border: 1px solid black; padding: 5px;"> <p>Couples Yoga February 11th at 10:30am</p>  <p>Co-ed ZUMBA February 14th at 7pm</p> </div>			<p>1 8:30 am Cycle Express Audrey</p> <p>9:15 am Total Body Cond. Audrey</p> <p>6pm Step/Core Lynne</p>	<p>2 8:30 am Zumba Robin</p> <p>5:15pm Cycle Express Lisa</p> <p>6pm Sculpt Lisa</p>	<p>3 9:15 am Cardio/Core Audrey</p> <p>12:30 pm Zumba Robin</p> <p>5pm Cycle Express Carol</p>	<p>4 8:30 am Cycle Express Jodie</p> <p>9:15 am Sculpt Lynne</p>
<p>5 4pm Cycle Audrey</p> <p>5pm Pilates Audrey</p>	<p>6 5:30 am Cycle Express Audrey</p> <p>9:15am Total Body Cond. Audrey</p> <p>5pm X-training Allison</p> <p>6pm Kickboxing Carol</p> <p>7pm Yoga: Liz</p>	<p>7 6am Sculpt Adrianna</p> <p>8:30 am Pilates Audrey</p> <p>6pm 20/20/20 Lisa</p> <p>7pm Cycle Audrey</p>	<p>8 8:30 am Cycle Express Audrey</p> <p>9:15 am Total Body Cond. Audrey</p> <p>6pm Step Audrey</p> <p>6:45 pm Pilates Audrey</p>	<p>9 9:30 am Zumba Robin</p> <p>5:15 pm CardioLite Lynne</p> <p>6pm Sculpt Carol</p>	<p>10 9:15 am Cardio/Core Lisa</p> <p>12:30 pm Zumba Robin</p> <p>5pm Cycle Express Carol</p>	<p>11 8:30 am Cycle Express Lisa</p> <p>9:15 am Sculpt Lisa</p> <p>10:30 am Couples Yoga</p>
<p>12 4pm Cycle Jodie</p>	<p>13 5:30 am Cycle Express Audrey</p> <p>9:15am Total Body Cond. Audrey</p> <p>5pm X-training Allison</p> <p>6pm Kickboxing Carol</p> <p>7pm Yoga: Liz</p>	<p>14 Happy Valentines Day</p> <p>6am Cycle Adrianna</p> <p>6pm 20/20/20 Lisa</p> <p>7pm Zumba Co-ed Cindy</p>	<p>15 8:30 am Cycle Express Carol</p> <p>9:15 am Total Body Conditioning Carol</p> <p>6pm Step/Core Allison</p>	<p>16 8:30 am Cycle Audrey</p> <p>9:30 am Zumba Robin</p> <p>5:15 pm Cycle Express Lisa</p> <p>6pm Sculpt Carol</p>	<p>17 9:15 am Cardio/Core Audrey</p> <p>12:30 pm Zumba Robin</p> <p>5pm Cycle Audrey</p>	<p>18 8:30 am Cycle Express Carol</p> <p>9:15 am Total Body Conditioning Carol</p> <p>10:30 am Yoga Liz</p>
<p>19 4pm Cycle Audrey</p> <p>5pm Pilates Audrey</p>	<p>20 5:30 am Cycle Express Audrey</p> <p>9:15am Total Body Cond. Audrey</p> <p>5pm X-training Allison</p> <p>6pm Kickboxing Carol</p> <p>7pm Yoga: Liz</p>	<p>21 6am Sculpt Adrianna</p> <p>8:30 am Pilates Audrey</p> <p>6pm 20/20/20 Lisa</p> <p>7pm Cycle Audrey</p>	<p>22 8:30 am Cycle Express Audrey</p> <p>9:15 am Total Body Conditioning Audrey</p> <p>6:45 pm Step Audrey</p>	<p>23 8:30 am Cycle Audrey</p> <p>9:30 am Zumba Robin</p> <p>5:15 pm CardioLite Lynne</p> <p>6pm Sculpt Carol</p>	<p>24 9:15 am Cardio/Core Audrey</p> <p>12:30 pm Zumba Robin</p> <p>5pm Cycle Audrey</p>	<p>25 8:30 am Cycle Express Carol</p> <p>9:15 am Total Body Conditioning Lynn</p> <p>10:30 am Yoga Liz</p>
<p>26 4pm Cycle Audrey</p> <p>5pm Pilates Audrey</p>	<p>27 5:30 am Cycle Express Audrey</p> <p>9:15am Total Body Cond. Audrey</p> <p>5pm X-training Allison</p> <p>6pm Boot Camp Lisa</p> <p>7pm Yoga: Liz</p>	<p>28 6am Cycle Adrianna</p> <p>8:30 am Pilates Audrey</p> <p>6pm 20/20/20 Lisa</p> <p>7pm Zumba Cindy</p>	<p>29 8:30 am Cycle Express Audrey</p> <p>9:15 am Total Body Cond.</p> <p>6pm Step Audrey</p> <p>6:45 pm Pilates Audrey</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Child Watch Hours:</p> <p>Monday and Wednesday: 8:30am - 10:30am</p> <p>Tuesday: 6pm - 8pm</p> <p>Thursday: 9:30am - 10:30am</p> <p>Friday and Saturday: 9am - 10:30am</p> </div>		
<p>Cycle classes are not included in YMCA memberships</p>						