



# February 2012 GroupFit SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM CFR	CycleFit Miriam	<b>NEW!</b> CycleFit Nikki	CycleFit Miriam	<b>NEW!</b> CycleFit Nikki	CycleFit Miriam	<p><b>Feb 11th</b></p> <div style="border: 1px solid black; padding: 5px;">           8:00am Traditional Zen Med            8:30am Core - Erin            9:00am StepFit - Erin            9:00am CycleFit - Alex            10:00am CycleFit - Ashley         </div> <p><b>Feb 18th</b></p> <div style="border: 1px solid black; padding: 5px;">           8:00am Traditional Zen Med            8:30am Core - Nikki            9:00am Cardio Attack-Nikki            9:00am CycleFit - Stephanie            10:00am CycleFit - Nikki         </div> <p><b>Feb 25th</b></p> <div style="border: 1px solid black; padding: 5px;">           8:00am Traditional Zen Med            8:30am Core - Gretchen            9:00am ZUMBA® Gretchen            9:00am CycleFit - Jim            10:00am CycleFit - Alex         </div> <p><b>March 3rd</b></p> <div style="border: 1px solid black; padding: 5px;">           8:00am Traditional Zen Med            8:30am Core - Marcia            9:00am Sizzle - Marcia            9:00am CycleFit - Nikki            10:00am CycleFit - Stephanie         </div>
8:10AM CFR		CycleFit Ashley		CycleFit Ashley		
8:30AM GR1	Core Erin		Core Stacy		Core BJ	
9:00AM GR1	BodyFit Erin	StepFit BJ	BodyFit Stacy	ZUMBA® Gretchen	StepFit BJ	
9:00AM GR2/CFR	20/20/20 Jaime	ZUMBA® Gretchen	CardioFit Erin	CardioFit Jaime	CycleFit Stephanie	
9:00AM POOL	AquaFit Ashley		Aqua ZUMBA® Ana		Aqua ZUMBA® Ana	
9:15AM POOL		AquaFit Ashley		AquaFit Ashley		
10:00AM MB	Pilates Erin	Yoga BJ	Pilates Erin	Yoga Patsy	PiYo BJ	
10:15AM GR1		ZUMBA® GOLD Gretchen		ZUMBA® GOLD Gretchen		
10:30AM GR1	SilverSneakers® Maxine		SilverSneakers® Jaime		SilverSneakers® Maxine	
11:00AM GR1		Chair Yoga Patsy		Chair Yoga Patsy		
12:00AM POOL	AquaFit Ashley	AquaFit Ashley	Aqua ZUMBA® Ana	AquaFit Ashley	Aqua ZUMBA® Ana	
4:00PM GR1	Sizzle BJ		BodyFit BJ			
4:30PM CFR	CycleFit Stacy	CycleFit Stacy	CycleFit Megan	CycleFit Stephanie		
5:00PM GR1	Core Saudhi	Core Jaime	Core Marcia	Core BJ		
5:30PM GR1	Turbo Kick® Saudhi	BodyFit Jaime	Sizzle Marcia	BodyFit Saudhi	ZUMBA® Maygan	
5:30PM GR2	CardioFit Jaime		<b>NEW!</b> CardioAttack Nikki	Pilates BJ		
5:30PM MB	Yoga Rosemary	Yoga Julia	Yoga Patsy	Yoga Carlos	Yoga Carlos	
5:30PM CFR	CycleFit Stacy	CycleFit Megan	EndroCycle Jim	CycleFit Alex	CycleFit Nikki	
5:30PM POOL	AquaFit Ashley	AquaFit Maxine	AquaFit Ashley	AquaFit Maxine		
6:30PM GR1	ZUMBA® Gretchen	ZUMBA® Michelle	ZUMBA® Maygan	ZUMBA® Michelle		
6:30PM CFR	EndroCycle Nikki					
6:30PM POOL	<b>NEW!</b> SwimFit Jim		<b>NEW!</b> SwimFit Jim			
6:30PM GR2		20/20/20 Megan/Alex		BootCamp Alex		

**Room Legend**

GR1 - Group Fitness Room 1 / Blue and yellow Floor  
 GR2 - Group Fitness Room 2 / Upstairs  
 CFR - CycleFit Room / Upstairs  
 MB - Mind and Body Room  
 MFW - Mississippi Wellness Foundation Room  
 Upstairs

**Meditation Class**

Wed 6:30pm - Dr McAfee  
 Sun 7:30am - Dr McAfee