



**February  
2010**

**Group Fitness  
Schedule**

**15-501  
Durham  
489-2360**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 BodySculpt Jill 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	<b>2</b> 9:15 Flexible Strength Sally 5:30 Zumba Theresa 6:30 BodySculpt Jill 6:30 Cycle Harry 7:30 Boot Camp CJ	<b>3</b> 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 6:30 Zumba Theresa	<b>4</b> 9:15 20/20/20 Shawnta 5:30 Step Shawnta 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Jim	<b>5</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Yoga 2 Holly	<b>6</b> 9:00 Ashtanga Yoga2 Holly 9:15 Cycle Butch 11:15 BodySculpt Aimee
<b>7</b> 10:30 Yoga Fran	<b>8</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 BodySculpt Jill 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	<b>9</b> 9:15 Flexible Strength Sally 5:30 Zumba Theresa 6:30 BodySculpt Jill 6:30 Cycle Harry 7:30 Boot Camp CJ	<b>10</b> 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 6:30 Zumba Theresa	<b>11</b> 9:15 20/20/20 Shawnta 5:30 Step Shawnta 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Sue	<b>12</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Yoga 2 Holly	<b>13</b> 9:00 Ashtanga Yoga2 Holly 9:15 Cycle Butch 11:15 BodySculpt Aimee
<b>14</b> 10:30 Yoga Sue	<b>15</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 BodySculpt Jill 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	<b>16</b> 9:15 Flexible Strength Sally 5:30 Zumba Theresa 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Boot Camp CJ	<b>17</b> 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 6:30 Zumba Theresa	<b>18</b> 9:15 20/20/20 Sally <b>5:30 Step NO CLASS</b> 6:30 Cardio Box Brian 6:30 Cycle Harry 7:30 Yoga Sue	<b>19</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Yoga 2 Holly	<b>20</b> 9:00 Ashtanga Yoga2 Holly 9:15 Cycle Butch 11:15 BodySculpt Aimee
<b>21</b> 10:30 Yoga Fran	<b>22</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 BodySculpt Jill 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	<b>23</b> 9:15 Flexible Strength Sally 5:30 Zumba Theresa 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Boot Camp CJ	<b>24</b> 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 6:30 Zumba Theresa	<b>25</b> 9:15 20/20/20 Shawnta <b>5:30 Step NO CLASS</b> 6:30 Cardio Box Brian 6:30 Cycle Harry 7:30 Yoga Jim	<b>26</b> 5:50 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Yoga 2 Holly	<b>27</b> 9:00 Ashtanga Yoga2 Holly 9:15 Cycle Butch 11:15 BodySculpt Aimee
<b>28</b> 10:30 Yoga Sue						