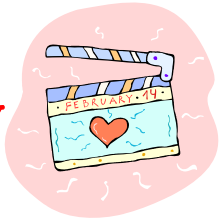


# FEBRUARY



Providing a quality program in a welcoming and safe environment is our top priority. For that reason, please adhere to the following policies:

- Participants only while class is in session
- Participants must be at least 14 years of age.
- Please do not enter the Group X room if you are more than 10 mins late to class.



Silver Sneakers classes are held on Mondays and Wednesdays 11:30-12:15. Check with the front desk to see if you are eligible to enroll in this program.



**Prenatal Aquamoms**  
Mondays 6-7pm in pool  
**Aquamoms & Baby**  
Saturdays 9-9:45am in pool  
**Free to members, but you must pre-register for this class at [www.HealtyMomsNC.com](http://www.HealtyMomsNC.com)**

## WEIGHT ROOM ORIENTATIONS

**Mondays 12:30 pm**

( This orientation is designed for our Senior members )

**Tuesdays 7pm**

**Thursdays 10 am**

**Saturdays 10:45am**

Sunday	Mon	Tue	Wed	Thu	Fri	Sat
Early Morning classes	<b>Zumba</b> 6-6:50am <i>Emily</i>	<b>Indoor Cycle*</b> 6-7 am <i>Sharon R.</i> <b>Circuit Training</b> 7:30-8:30 am <i>Ron</i>	<b>Power Pilates</b> 6-7am <i>Alicia</i>	<b>Cycle &amp; Run*</b> 6-7am <i>Kari</i> <b>Circuit Training</b> 7:30-8:30 am <i>Ron</i>	<b>Indoor Cycle *</b> 6-7am <i>Sharon R./Alicia</i>	
Morning classes	<b>Hoopnatica</b> 8:15-9am <i>Sharon</i> <b>Firm &amp; Tone</b> 9-9:45 am <i>Susan</i> <b>Step Xpress</b> 9:45-10:30 am <i>Susan</i> <b>Indoor Cycle*</b> 9:45-10:30 am <i>Steve</i> <b>Stretch</b> 10:30-11:30am <i>Marin</i>	<b>Indoor Cycle*</b> 9-9:45am <i>Kari</i> <b>Yoga</b> 9-10:30 am <i>Jeanne</i>	<b>Strength &amp; Stretch</b> 8:15-9am <i>Susan</i> <b>Step Xpress</b> 9-9:45am <i>Susan</i> <b>Indoor Cycle*</b> 9-9:45am <i>Eddie</i> <b>Firm &amp; Tone</b> 9:45-10:30 am <i>Susan</i> <b>Zumba</b> 10:30-11:30am <i>Terri</i>	<b>Indoor Cycle*</b> 9-9:45am <i>Troy</i> <b>Interval</b> 9-9:45 am <i>Susan/Kari</i> <b>Yoga</b> 9:45-10:30 am <i>Jeanne</i>	<b>Pilates</b> 8:15-9am <i>Sharon/Jacqueline</i> <b>Zumba Gold</b> 9-9:45 am <i>Terri</i> <b>Indoor Cycle*</b> 9-9:45am <i>Susan</i> <b>Ab Workout</b> 9:45-10am <i>Tiffany</i> <b>Kickboxing</b> 10-10:45 am <i>Tiffany</i> <b>Yoga Stretch</b> 10:45-11:30 <i>Jacqueline/Sharon</i>	<b>Step</b> 9-10 am <i>Dorothy</i> <b>Indoor Cycle*</b> 9:30-10:30 <i>Steve</i> <b>Abs &amp; Arms</b> 10-10:30 am <i>Dorothy</i>
Afternoon classes	<b>Yoga Stretch</b> 2-3pm <i>Marin</i>	<b>Indoor Cycle*</b> 12-12:45 pm <i>Susan/Kari</i>		<b>Indoor Cycle*</b> 12-12:45 pm <i>Susan</i>		
Evening classes	<b>Tai Chi</b> 4-5pm <i>Nina</i>  <b>Firm &amp; Tone</b> 6-7pm <i>Susan</i> <b>Indoor Cycle*</b> 6-7pm <i>Laura W</i> <b>2nd Chance Spin*</b> 7-8pm <i>Laura W</i> <b>Step</b> 7-8 pm <i>Dorothy</i>	<b>Zumba</b> 4-5pm <i>Jeanne</i> <b>Strength &amp; Stretch</b> 5-6pm <i>Kathy D</i> <b>Indoor Cycle*</b> 6-7pm <i>Kathy L</i> <b>20/20/20</b> 6-7 pm <i>Carla</i> <b>Pilates</b> 7-8pm <i>Paula</i>	<b>Kickboxing</b> 6-7pm <i>Tiffany</i> <b>Kids Yoga#</b> 6:30-6:55pm <i>Jeanne</i> <b>Indoor Cycle*</b> 6-7pm <i>Troy</i> <b>Yoga</b> 7-8pm <i>Jeanne</i>	<b>Zumba</b> 4-5pm <i>Shantay</i> <b>Step</b> 5-6pm <i>Shannon</i> <b>Intro to Cycle*</b> 6-7pm <i>Alicia</i> <b>Firm &amp; Tone</b> 6-7pm <i>Carla</i>		
Classes at Sr. Center	<b>Pace Setter Cardio Sculpt</b> 8:45-9:45 am <i>Alicia</i>	<b>Zumba</b> 7-7:50pm <i>Emily</i>	<b>Pace Setters Cardio Sculpt</b> 8:45-9:45 am <i>Alicia</i>  <b>Zumba</b> 7-7:50pm <i>Nyeema</i>			<b>Yoga Basics</b> 9-9:45 am <i>Jeanne</i> <b>Zumba</b> 10-10:50 am <i>Nyeema</i>

\* class meets in fitness center upstairs  
# Classes meet in Kidsplex room.