

FEBRUARY Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|---|
| 6-7am RIDE 60 Arnel | 6-7am TBC Gillian | 6-7am RIDE 60 Geoff (Jill 24th) | 6-7am 20/20/20 Micaela | 6-7am RIDE 60 Marianna | 9-10am RIDE 60 Jill (Geoff 6th) | 9:15-10:15am RIDE 60 Maggie |
| 9-9:30am STEP Louise | 6-7am Yoga* Lindsay | 6-7am LIFT Marianna | 6-7am Yoga* Susie | 9:05- 9:55am TELOS ART Arnel | 9-10am ZUMBA!! Shannon (Regina 20th) | |
| 9:35-10:15am LIFT Louise (Ellen 15th) | 9-10am Pilates Tower** Kristin | 9-10:30am CSI Linda / Louise | 9:15-10:15am Pilates Bootcamp Louise (in Group Fitness Studio) | 10:15-11:15am Transformational Yoga Adri | 9-10:15am Int./Adv. Power Yoga* Jo (6th & 27th) Susie (13th & 20th) | |
| 9:15-10:15am Power Hour Fusion Adri (in yoga studio) | 12-1pm TELOS ART Ellen | 12-12:45 Ride Kim | 12-1pm Pilates Tower** Sara | 12-1pm YOGA* Deborah (Adri 19th) | 9:30-10:30am Power Pilates Mat* April | |
| 12-12:45 RIDE Scott | 12-1pm YOGA* Ginger | 12-1pm Pilates STAMINA Louise (Kristen 10th) | 12-1pm TELOS ART Ellen (Kim 25th) | 12-1pm Pilates SCULPT* Kristen (in Group Fitness Studio) | 10:15-11:15am TBC Mandy (6th & 20th) Deena (13th & 27th) | |
| 12-1pm Power Pilates Mat* Veronica | 12-1pm Pilates Reformer Circuit Veronica (Adri / Katrina 9th) | 12-1pm YOGA* Deborah (Lindsay 10th) | 12-1pm YOGA* Jo | 10:30-11:30am Beg. / Int. YOGA* Jo (6th & 27th) Susie (13th & 20th) | 10:30-11:30am Beg. / Int. YOGA* Jo (6th & 27th) Susie (13th & 20th) | |
| 6-7:15PM Power Yoga* Ashley <i>Minimum 3 previous beg/int classes recommended</i> | 5:45-6:45pm 20/20/20 Micaela | 6-6:45pm Ride Kim | 5:45-6:45pm Pilates Mat / Tower Fusion* Sara | 6:30-10pm Members & Guests Welcome! | 10:30-11:30am Pilates Reformer Circuit Rachael | |
| 6-6:45pm RIDE Marianna | 5:45-6:45pm Pilates Mat / Tower Fusion* Alex | 6-7pm SportsNut Deb (17th & 24th) | 6-7pm Move n' Groove! Feb 11th 6pm "Untie the Knots!" Partner Yoga Susie Chocolate & Champagne afterwards!! | | | |
| 6-7:00pm TBC Cindy | | 6:15-7:30pm YOGA* Meagan | | | | <p style="text-align: center; margin: 0;">Move n' Groove! Thursday February 11th "Untie the Knots!" Partner Yoga w/ Susie at 6pm Bring your favorite friend Complimentary to members and guests</p> <p style="text-align: center; margin: 10px 0 0 0;">TRY SOME OF OUR NEW CLASSES HIGHLIGHTED ON THE SCHEDULE</p> |

* Yoga and Pilates Mat Classes: \$5 for members, \$25 for non-members.
 * TELOS Performance Memberships - admission FREE!
 ** Pilates Tower and Reformer Classes: \$15 for members, \$35 for non-members
 ** TELOS Performance Plus Membership - admission FREE!
 Studio Pass Holders - Open Admission
 (Receipts are required for ALL Mind/Body classes)

