

# FEBRUARY CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
m o r n i n g	<b>Ortho-Kinetics</b> Must sign-up at Member Experience 6-7am  <b>RIDE 60</b> 6-7am Arnel  <b>Cardio Core Fusion</b> 9-10am Darla	<b>TBC</b> 6-7am Gillian  <b>Yoga</b> 6-7am Youka  <b>HYPE!</b> 9-10am Anthony (AD)  <b>Pilates SCULPT</b> 10:15-11am Louise	<b>RIDE 60</b> 6-7am Geoff  <b>LIFT</b> 6-7am Marianna  <b>Pilates SCULPT</b> 8-8:55am Louise <i>(in group fitness studio)</i>  <b>Ortho-Kinetics</b> Must sign-up at Member Experience 8-9am  <b>Step</b> 9-9:35am Louise  <b>LIFT</b> 9:35-10:15am Louise	<b>20/20/20</b> 6-7am Micaela  <b>Yoga</b> 6-7am Nicole  <b>Trekking</b> 8:15-8:55am Linda  <b>TKO Pilates</b> <i>(Group Fitness Studio)</i> 9am Louise	<b>Ortho-Kinetics</b> Must sign-up at Member Experience 6-7am  <b>RIDE60</b> 6-7am Marianna  <b>LIFT</b> 9:15-10:15am Amy  <b>TKO Pilates</b> <i>(Group Fitness Studio)</i> 9am Louise	<b>RIDE 60</b> 9-10am Wendy  <b>Int./Adv. Power Yoga</b> 9-10:15am Susie/Youka  <b>TBC+</b> 10:15-11:15am Deena  <b>Beg./Int. Yoga</b> 10:30-11:30am Susie/Youka	<b>RIDE 60</b> 9:15-10:15am Maggie	
	l u n c h	<b>Prana Flow Yoga®</b> 12-1pm Adri (Ramona 9th)  <b>RIDE</b> 12-12:45pm Kurt  <b>Ortho-Kinetics</b> Must sign-up at Member Experience 12-1pm	<b>TELOS Tabata</b> 12-12:50pm Deena  <b>Yoga</b> 12-1pm Deborah	<b>HYPE!</b> 12-12:45pm Anothony (AD)  <b>Bootcamp Yoga</b> 12-1pm Youka	<b>TELOS HIIT</b> 12-12:50pm Darla  <b>Yoga</b> 12-1pm Tatiana	<b>Yoga</b> 12-1pm Ramona  <b>Ortho-Kinetics</b> Must sign-up at Member Experience 12-1pm	<b>*Partner Yoga*</b> <b>February 12th 1-2:30</b> Members: \$20 Individual \$35 for couples Non-Members: \$20 Individual \$35 for couples	
		<b>Power Yoga</b> 6-7:15pm Ashley  <b>RIDE</b> 6-6:45pm Marianna  <b>Matrix</b> 5:45-6:45pm Micaela	<b>TBC</b> 6-7pm Kim	<b>RIDE</b> 6-6:45am Kim  <b>Sports Nut</b> 6-7pm Deena  <b>Yoga</b> 6:15-7:30pm Meagan	<b>GREY = FREE</b> for all memberships <b>GREEN = Ortho-Kinetics Small Group Training (\$25)</b> <b>ORANGE = \$5-Members / \$25-Non-Members</b> Performance Memberships: <b>FREE!</b> Fusion 55 Pass- <b>FREE!</b>  <b>Note:</b> Receipts are required for ALL Mind/Body classes. *Instructors are subject to change without notice. <b>*Please see class descriptions on back for more information*</b>		<b>Class Updates</b> <b>MATRIX</b> with Micaela: Monday 5:45-6:45pm <b>TBC</b> with Kim: Tuesday 6-7pm <b>Trekking</b> with Linda: Thursday 8:15am See <b>NEW FUSION 55</b> schedule for all vbarre & Pilates classes! <b>Come see what all the HYPE is about!</b> Join Anthony Dorsett, Jr. EVERY Tuesday at 9am and Wednesday at noon for his HYPE class.	

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