

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQUA CLASSES AT AMERICINN POOL	FEBRUARY 2012 	1 8:15-9:15 Yoga 9:25-10:25 Cardio Combo 10:30-11:15 Fit ^ 50 4:55-5:25 Bellies&Buns 5:30-6:30 Cardio Interval	2 8:30-9:15 Kettlebells 9:30-10:30 Boot Camp 5:00-6:00 ZUMBA 5:45-6:45 Aqua	3 8:15-9:15 Yoga 9:45-10:30 MSROM Silver Sneakers®	4 8:30-9:30 Body Basics Jackie 9:35 – 10:40 Step Joan
5	6 8:35-9:35 Joan Cardio Mix 9:45-10:30 Fit / 50 4:45-5:45 Body Basics 5:45-6:45 Yoga	7 9:15 -10:15 ZUMBA 10:30-11:15 MSROM Silver Sneakers® 4:45-5:30 Group Strength 5:30-6:30 Kickboxing	8 8:15-9:15 Yoga 9:25-10:25 Cardio Combo 10:30-11:15 Fit ^ 50 4:55-5:25 Bellies&Buns 5:30-6:30 Cardio Interval	9 8:30-9:15 Kettlebells 9:30-10:30 Boot Camp 5:00-6:00 ZUMBA 5:45-6:45 Aqua	10 8:15-9:15 Yoga 9:45-10:30 MSROM Silver Sneakers®	11 8:30-9:30 Body Basic: Jackie 9:35 – 10:40 Step Joan
12	13 8:35-9:35 Joan Cardio Mix 9:45-10:30 Fit / 50 4:45-5:45 Body Basics 5:45-6:45 Yoga	14 9:15 -10:15 ZUMBA 10:30-11:15 MSROM Silver Sneakers® 4:45-5:30 Group Strength 5:30-6:30 Kickboxing	15 8:15-9:15 Yoga 9:25-10:25 Cardio Combo 10:30-11:15 Fit ^ 50 4:55-5:25 Bellies&Buns 5:30-6:30 Cardio Interval	16 8:30-9:15 Kettlebells 9:30-10:30 Boot Camp 5:00-6:00 ZUMBA 5:45-6:45 Aqua	17 8:15-9:15 Yoga 9:45-10:30 MSROM Silver Sneakers®	18 8:30-9:30 Body Basics Jackie 9:35 – 10:40 Step Joan
19	20 8:35-9:35 Joan Cardio Mix 9:45-10:30 Fit / 50 4:45-5:45 Body Basics 5:45-6:45 Yoga	21 9:15 -10:15 ZUMBA 10:30-11:15 MSROM Silver Sneakers® 4:45-5:30 Group Strength 5:30-6:30 Kickboxing	22 8:15-9:15 Yoga 9:25-10:25 Cardio Combo 10:30-11:15 Fit ^ 50 4:55-5:25 Bellies&Buns 5:30-6:30 Cardio Interval	23 8:30-9:15 Kettlebells 9:30-10:30 Boot Camp 5:00-6:00 ZUMBA 5:45-6:45 Aqua	24 8:15-9:15 Yoga 9:45-10:30 MSROM Silver Sneakers®	25 8:30-9:30 Body Basic: Jackie 9:35 – 10:40 Step Joan
26	27 8:35-9:35 Joan Cardio Mix 9:45-10:30 Fit / 50 4:45-5:45 Body Basics 5:45-6:45 Yoga	28 9:15 -10:15 ZUMBA 10:30-11:15 MSROM Silver Sneakers® 4:45-5:30 Group Strength 5:30-6:30 Kickboxing	29 8:15-9:15 Yoga 9:25-10:25 Cardio Combo 10:30-11:15 Fit ^ 50 4:55-5:25 Bellies&Buns 5:30-6:30 Cardio Interval	FEBRUARY 2012 	FitQuest 218-829-6453 www.fitquestathleticclub.com	Athletic Club calendarlabs.com