

**MONDAY**


**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

<p><b>2</b></p> <p>5:45am Rise and Shine SD            9:00am Step SP            10:00am Pilates Express CA            10:35am SilverSneakers®Classic JG            12:00pm Circuit Express KS            1:00pm SilverSneakers®Classic CA            5:00pm Zumba LB            5:30pm Cycle LAJ            6:05pm Sculpt LAJ</p>	<p><b>3</b></p> <p>8:30am Power Hour JMC            9:30am Zumba LB            10:35am Senior Ball JD            11:45am Yoga VD            12:00pm Cycle Express DG            1:15pm Exercise is Medicine JD            2:15pm Tai Chi YM            5:30pm Yoga Strength LB            5:30pm Cycle JD            6:45pm Pilates JD</p>	<p><b>4</b></p> <p>5:45am Rise and Shine DC            9:00am Step Circuit SP            10:35am SilverSneakers®Circuit JD            12:00pm Sculpt Express CA            1:00pm SilverSneakers®Yoga LB            5:15pm Power Hour KS            6:35pm Zumba LB</p>	<p><b>5</b></p> <p>8:30am Power Hour DG            9:30am Zumba LT            10:35am SilverSneakers®Classic JG            11:45am Yoga YM            12:00pm Cycle Express CA            1:15pm Exercise is Medicine LL            4:45pm Restore the Core KS            5:30pm Gentle Yoga YM            5:30pm Cycle KS            6:45pm Hot Hula Coty</p>	<p><b>6</b></p> <p>9:00am Killer Combo JG            10:35am SilverSneakers®Circuit JG            11:45am Gentle Yoga YM            12:00pm Core Express DG</p>	<p><b>7</b></p> <p>8:15am Cycle JD            9:15am Power Hour JD            10:30am Zumba LT</p>
<p><b>9</b></p> <p>5:45am Rise and Shine SD            9:00am Step SP            10:00am Pilates Express CA            10:35am SilverSneakers®Classic JG            12:00pm Circuit Express DG            1:00pm SilverSneakers®Classic CA            5:00pm Zumba LB            5:30pm Cycle LAJ            6:05pm Sculpt LAJ</p>	<p><b>10</b></p> <p>8:30am R.I.P.P.E.D JMC            9:30am Zumba LB            10:35am Senior Ball JD            11:45am Yoga RAM            12:00pm Cycle Express KS            1:15pm Exercise is Medicine JD            2:15pm Tai Chi YM            5:30pm Yoga Strength LB            5:30pm Cycle JD            6:45pm Pilates JD</p>	<p><b>11</b></p> <p>5:45am Rise and Shine DC            9:00am Step Circuit SP            10:35am SilverSneakers®Circuit JD            12:00pm Sculpt Express CA            1:00pm SilverSneakers®Yoga LB            5:15pm R.I.P.P.E.D LAJ            6:35pm Zumba LB</p>	<p><b>12</b></p> <p>8:30am Power Hour KS            9:30am Zumba LT            10:35am SilverSneakers®Classic JG            11:45am Yoga RAM            12:00pm Cycle Express CA            1:15pm Exercise is Medicine LL            4:45pm Restore the Core LAJ            5:30pm Gentle Yoga LB            5:30pm Cycle LAJ            6:45pm Hot Hula Coty</p>	<p><b>13</b></p> <p>9:00am Killer Combo JG            10:35am SilverSneakers®Circuit JG            11:45am Gentle Yoga YM            12:00pm Core Express DG</p>	<p><b>14</b></p> <p>8:15am Cycle LAJ            9:15am Power Hour LAJ            10:30am Zumba LT</p> 
<p><b>16</b></p> <p>5:45am Rise and Shine JG            9:00am Step MY            10:00am Pilates Express CA            10:35am SilverSneakers®Classic JG            12:00pm Circuit Express KS            1:00pm SilverSneakers®Classic CA            5:00pm Zumba LB            5:30pm Cycle LAJ            6:05pm Sculpt LAJ</p>	<p><b>17</b></p> <p>8:30am Power Hour JMC            9:30am Zumba LB            10:35am Senior Ball JD            11:45am Yoga RAM            12:00pm Cycle Express DG            1:15pm Exercise is Medicine JD            2:15pm Tai Chi YM            5:30pm Yoga Strength LB            5:30pm Cycle JD            6:45pm Pilates JD</p>	<p><b>18</b></p> <p>5:45am Rise and Shine CA            9:00am Step Circuit MY            10:35am SilverSneakers®Circuit JD            12:00pm Sculpt Express CA            1:00pm SilverSneakers®Yoga LB            5:15pm Power Hour KS            6:35pm Dance Fitness Coty</p>	<p><b>19</b></p> <p>8:30am Power Hour DG            9:30am Zumba LT            10:35am SilverSneakers®Classic JG            11:45am Yoga RAM            12:00pm Cycle Express KS            1:15pm Exercise is Medicine LL            4:45pm Restore the Core CA            5:30pm Gentle Yoga YM            5:30pm Cycle CA            6:45pm Hot Hula Coty</p>	<p><b>20</b></p> <p>9:00am Killer Combo JG            10:35am SilverSneakers®Circuit JG            11:45am Gentle Yoga YM            12:00pm Core Express DG</p>	<p><b>21</b></p> <p>8:15am Cycle DG            9:15am Power Hour DG            10:30am Zumba LT</p>
<p><b>23</b></p> <p>5:45am Rise and Shine SD            9:00am Step SP            10:00am Pilates Express CA            10:35am SilverSneakers®Classic JG            12:00pm Circuit Express DG            1:00pm SilverSneakers®Classic CA            5:00pm Zumba LB            5:30pm Cycle LAJ            6:05pm Sculpt LAJ</p>	<p><b>24</b></p> <p>8:30am R.I.P.P.E.D JMC            9:30am Zumba LB            10:35am Senior Ball JD            11:45am Yoga RAM            12:00pm Cycle Express DG            1:15pm Exercise is Medicine JD            2:15pm Tai Chi YM            5:30pm Yoga Strength LB            5:30pm Cycle JD            6:45pm Pilates JD</p>	<p><b>25</b></p> <p>5:45am Rise and Shine DC            9:00am Step Circuit MY            10:35am SilverSneakers®Circuit JD            12:00pm Sculpt Express CA            1:00pm SilverSneakers®Yoga LB            5:15pm R.I.P.P.E.D LAJ            6:35pm Zumba LB</p>	<p><b>26</b></p> <p>8:30am Power Hour KS            9:30am Zumba LT            10:35am SilverSneakers®Classic JG            11:45am Yoga RAM            12:00pm Cycle Express CA            1:15pm Exercise is Medicine LL            4:45pm Restore the Core LAJ            5:30pm Gentle Yoga LB            5:30pm Cycle LAJ            6:45pm Hot Hula Coty</p>	<p><b>27</b></p> <p>9:00am Killer Combo JG            10:35am SilverSneakers®Circuit JG            11:45am Gentle Yoga VD            12:00pm Core Express DG</p>	<p><b>28</b></p> <p>8:15am Cycle LAJ            9:15am Power Hour LAJ            10:30am Zumba LT</p>

**Instructors:**

Colleen Alrutz	CA	Laurina Bless	LB
Carrie Chambless	CC	Lori Lovett	LL
Coty Noojin	Coty	Loren Taylor	LT
Debbie Charlesworth	DC	Michelle Yawn	MY
Dee Glazier	DG	Roseanne Malone	RAM
Jennifer Dreyer	JD	Smith Pass	SP
Jessica Griffith	JG	Suzie Dozier	SD
Jill McKnight	JMC	Vivian Dunn	VD
Kate Smith	KS	Yvette Monet	YM
LeighAnn Jones	LAJ		



**Feb**  
GROUP FITNESS



**Piedmont**  
NEWMAN  
FITNESS CENTER