



FITNESS

Studio A Schedule

February 11 – February 17, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
5:00a-6:00a							
6:00a-6:30am							
6:30a-6:45a							
7:00a-7:30a							
7:30a – 8:00a							
8:00 – 8:30							
8:30a-9:00a	Yoga Beginner	Pilates	Yoga-Beg/Int	Pilates Barre – 8:45	Combine with BF		
9:00a – 9:30	Yoga	Pilates	Yoga-Beg/Int	Pilates Barre	Combine with BF	Pilates Barre	
9:30 – 10:00	Condition & Stretch	Pilates Barre	Pilates		BARRE	Pilates Barre	
10:00a-10:30a	Condition & Stretch	10:15-Yoga Sculpt	Pilates		BARRE		
10:30 - 11:00		Yoga Sculpt			10:15 Dancers T&S		
11:00 – 11:30	Cardiac Rehab		Cardiac Rehab	11:15-CountryLine Dan	Cardiac Rehab		
11:30-12:00	Cardiac Rehab		Cardiac Rehab	Country Line Dancing	Cardiac Rehab		
12:00 – 12:30	Rock Steady	Medical Fitness	Rock Steady	Medical Fitness	Rock Steady	Pilates Barre	
12:30-1:00	Rock Steady	Medical Fitness	Rock Steady	Medical Fitness	Rock Steady	Pilates Barre	
1:00-1:30							
1:30-2:00							
2:00-2:30	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab		
2:30-3:00	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab		
3:00-3:30							Zumba
3:30-4:00							Zumba
4:00-4:30							
4:30-5:00		Pilates Barre	Pre/Post Natal Yoga				
5:00-5:30		Pilates Barre	Pre/Post Natal Yoga	5:15-Pilates Barre			
5:30-6:00	Body Step-45 Min	<u>Yoga XL Class</u>	Zumba	Pilates Barre-45 Min			
6:00-6:30		6:15-Zumba	Zumba	BANG Power Dance			
6:30-7:00		Zumba		BANG Power Dance			
7:00-7:30				Hip Hop Fitness			
7:30-8:00				Hip Hop Fitness			
8:00-9:15							

Class schedules are also available online at www.firsthealth.org/fitness