

~ February 2012 ~

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 <u>12:10-12:50pm</u> Cardio Tone with Carole – <u>1:00-2:00pm</u> Strength & Stamina with Brittany	2 <u>5:10-5:50pm</u> Interval with Laura	3 <u>12:10-12:50pm</u> Cardio Intervals with Tarey	4
5	6 <u>12:10-12:50pm</u> Fun & Fitness with Carole –Low Impact <u>1:00-2:00pm</u> Strength & Stamina with Brittany	7 <u>5:10-5:50pm</u> Groove Fit- with Laura	8 <u>12:10-12:50pm</u> Cardio Tone with Carole – <u>1:00-2:00pm</u> Strength & Stamina with Brittany	9 <u>5:10-5:50pm</u> Circuit- with Laura	10 <u>12:10-12:50pm</u> Cardio Intervals with Tarey	11
12	13 <u>12:10-12:50pm</u> Fun & Fitness with Carole –Low Impact <u>1:00-2:00pm</u> Strength & Stamina with Brittany	14 <u>5:10-5:50pm</u> Groove Fit with Laura	15 <u>12:10-12:50pm</u> Cardio Tone with Carole – <u>1:00-2:00pm</u> Strength & Stamina with Brittany	16 <u>5:10-5:50pm</u> Full Body Circuit Training with Laura	17 <u>12:10-12:50pm</u> Cardio Intervals with Tarey	18
19	20 FAMILY DAY	21 <u>5:10-5:50pm</u> Interval-Laura	22 <u>12:10-12:50pm</u> Cardio Tone with Carole – <u>1:00-2:00pm</u> Strength & Stamina with Brittany	23 <u>5:10-5:50pm</u> Groove Fit- with Laura	24 <u>12:10-12:50pm</u> Cardio Intervals with Tarey	25
26	27 <u>12:10-12:50pm</u> Fun & Fitness with Carole –Low Impact <u>1:00-2:00pm</u> Strength & Stamina with Brittany	28 <u>5:10-5:50pm</u> Circuit with Laura	29 <u>12:10-12:50pm</u> Cardio Tone with Carole – <u>1:00-2:00pm</u> Strength & Stamina with Brittany	ARTILLERY MEMBERS FITNESS CLASSES FOR February.		Dear members, While we make every attempt to provide classes as scheduled, there may be times when classes need to be cancelled or altered due to facility or instructor circumstances. Thank you

