

~ February 2012 ~

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 <u>12:15-1:00pm</u> Body Sculpt Circuit With Lisa <u>5:00-5:45pm</u> Interval Training class With Jennifer	2 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>10:00-10:45am</u> Beginner Yoga With Tammy <u>5:00-5:45pm</u> Cycle-Fit With Keith <u>5:50-6:20pm</u> Hard"core" with Keith	3	4 <u>10:00-10:45am</u> – Cycle-Fit With Keith <u>11:00-11:45am</u> – Body Sculpt With Keith
5	6 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>5:00-5:45</u> Cycle-Fit With Tammy	7 <u>11:00-11:45am</u> Zumba With Melissa <u>12:15-1pm</u> Cardio Tone With Carole	8 <u>12:15-1:00pm</u> Body Sculpt Circuit With Lisa <u>5:00-5:45pm</u> Interval Training class With Jennifer	9 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>10:00-10:45am</u> Beginner Yoga With Tammy <u>5:00-5:45pm</u> Cycle-Fit With Keith <u>5:50-6:20pm</u> Hard"core" with Keith	10	11 <u>10:00-10:45am</u> – Cycle-Fit With Keith <u>11:00-11:45am</u> – Body Sculpt With Keith
12	13 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>5:00-5:45</u> Cycle-Fit With Tammy	14 <u>11:00-11:45am</u> Zumba With Melissa <u>12:15-1pm</u> Cardio Tone With Carole	15 <u>12:15-1:00pm</u> Body Sculpt Circuit With Lisa <u>5:00-5:45pm</u> Cardio Tone With Jennifer	16 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>10:00-10:45am</u> Beginner Yoga With Tammy <u>5:00-5:45pm</u> Cycle-Fit With Keith <u>5:50-6:20pm</u> Hard"core" with Keith	17	18 <u>10:00-10:45am</u> – Cycle-Fit With Keith <u>11:00-11:45am</u> – Body Sculpt With Keith
19	20 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>5:00-5:45</u> Cycle-Fit With Tammy	21 <u>11:00-11:45am</u> Zumba With Melissa <u>12:15-1pm</u> Cardio Tone With Carole	22 <u>12:15-1:00pm</u> Body Sculpt Circuit With Lisa <u>5:00-5:45pm</u> Boot camp With Jennifer	23 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>10:00-10:45am</u> Beginner Yoga With Tammy <u>5:00-5:45pm</u> Cycle-Fit With Keith <u>5:50-6:20pm</u> Hard"core" with Keith	24	25 <u>10:00-10:45am</u> – Cycle-Fit With Keith <u>11:00-11:45am</u> – Body Sculpt With Keith
26	27 <u>6:30-7:30am</u> Cycle-Fit & core With Tammy <u>5:00-5:45</u> Cycle-Fit With Tammy	28 <u>11:00-11:45am</u> Zumba With Melissa <u>12:15-1pm</u> Cardio Tone With Carole	29 <u>12:15-1:00pm</u> Body Sculpt Circuit With Lisa <u>5:00-5:45pm</u> Boot camp With Jennifer	<p align="center">INVISTA MEMBERS FITNESS CLASSES FOR February.</p>		Dear members, we make every attempt to provide classes as scheduled. Due to lower than expected attendance levels, it may be necessary to cancel classes. Please check the front desk in the Wellness Centre for details on schedule changes. Thank you

