




February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*** All fitness class participants must be a Recreation Center member or pay the daily guest fee prior to attending any class ***</p>			<p>1 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Mini Monets 4:15 - 4:45 pm Tae Kwon Do 6-8 pm</p>	<p>2 Luv2Act 4 - 5 pm Zumba 5:30-6:30 pm Hatha Yoga 6:45-8:00 pm</p>	<p>3 CB Aerobics 8-9 am Gentle Beginner Yoga 9:30-10:30 am Tae Kwon Do 6-8 pm</p>	<p>4 Power Flow Yoga 10:00 - 11:00 am</p>
<p>5</p>	<p>6 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Luv2Act 4:30 - 6 pm Young Champions Karate 6:30 - 7:15 pm Ages 4-7 7:15 - 8 pm Ages 8 & Up</p>	<p>7 Anusara-Inspired Yoga 9:30-11:00 am Happy Little Singers 11:30 am -12:30 pm</p>	<p>8 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Mini Monets 4:15 - 4:45 pm Tae Kwon Do 6-8 pm</p>	<p>9 Luv2Act 4 - 5 pm Zumba 5:30-6:30 pm Hatha Yoga 6:45-8:00 pm</p>	<p>10 CB Aerobics 8-9 am Gentle Beginner Yoga 9:30-10:30 am Tae Kwon Do 6-8 pm</p>	<p>11 Power Flow Yoga 10:00 - 11:00 am Youth Valentine's Dance 6:30 - 9:00 pm</p>
<p>12</p>	<p>13 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am FREE CLASS Booty Camp 10:15-11:15 am Luv2Act 4:30 - 6 pm Young Champions Karate 6:30 - 7:15 pm Ages 4-7 7:15 - 8 pm Ages 8 & Up</p>	<p>14 Anusara-Inspired Yoga 9:30-11:00 am Happy Little Singers 11:30 am -12:30 pm </p>	<p>15 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Mini Monets 4:15 - 4:45 pm Tae Kwon Do 6-8 pm</p>	<p>16 Luv2Act 4 - 5 pm Zumba 5:30-6:30 pm Hatha Yoga 6:45-8:00 pm</p>	<p>17 CB Aerobics 8-9 am Gentle Beginner Yoga 9:30-10:30 am Tae Kwon Do 6-8 pm</p>	<p>18 Power Flow Yoga 10:00 - 11:00 am</p>
<p>19</p>	<p>20 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Luv2Act 4:30 - 6 pm Young Champions Karate 6:30 - 7:15 pm Ages 4-7 7:15 - 8 pm Ages 8 & Up</p>	<p>21 Anusara-Inspired Yoga 9:30-11:00 am Happy Little Singers CLASS CANCELED</p>	<p>22 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Mini Monets 4:15 - 4:45 pm Tae Kwon Do 6-8 pm</p>	<p>23 Luv2Act 4 - 5 pm Zumba 5:30-6:30 pm Hatha Yoga 6:45-8:00 pm</p>	<p>24 CB Aerobics 8-9 am Gentle Beginner Yoga 9:30-10:30 am Tae Kwon Do 6-8 pm</p>	<p>25 Power Flow Yoga 10:00 - 11:00 am</p>
<p>26</p>	<p>27 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Luv2Act 4:30 - 6 pm Young Champions Karate 6:30 - 7:15 pm Ages 4-7 7:15 - 8 pm Ages 8 & Up</p>	<p>28 Anusara-Inspired Yoga 9:30-11:00 am Happy Little Singers 11:30 am -12:30 pm</p>	<p>29 CB Aerobics 8-9 am PI Exercise 9 -10 am Community Pilates 9:00 -10:00 am Booty Camp 10:15-11:15 am Mini Monets 4:15 - 4:45 pm Tae Kwon Do 6-8 pm</p>		