

February 2012

www.go2fithappens.com/aerobics.html

Fit Happens, Gloversville, New York 725 - DFC

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Please contact the gym or check facebook for cancellation postings due to weather.</p>	<p>The Aerobithon on Monday, February 20 between 4:30 – 6:30 PM is an excellent way for all members to experience 20 minutes of various class descriptions and instructor styles. You may stay for the entire 2 hours, or pick and choose times which are of interest to you!</p>		<p>1 8-8:30 Hi-Lo Colleen 8:30 Stretch Colleen 4:15-5:00 TKO Kym 5-5:15 ABS Kym 5:15-6 TKO Rachel 6-6:15 ABS Rachel</p>	<p>3 8:00-8:45 Step Kelly 8:45-9 ABS Kelly 11AM MSROM Maria</p>	<p>4 8:00 NO CLASS 9-10:00 Zumba Sam</p>	
<p>5 8:30 Tabata Beth 10 AM Classical Pilates & Extras Jennifer</p>	<p>6 8:00-8:45 Step Beth 8:45-9 ABS Beth 4:15 TKO Kym 5:00 ABS Kym 5:15 Salsa Tone Dina 6:15 Yoga Kathy</p>	<p>7 5:30 Tabata Kelly 8AM Low Burn Colleen 11AM MSROM Maria 4:30-5:15 Pump Joy 5:15- 5:30 ABS Joy 5:30 Tabata Jen</p>	<p>8 8:00 40/20 Colleen 4:15 Tabata Kym 5:15 TKO Rachel 6-6:15 ABS Rachel</p>	<p>9 5:30-6:15 Tabata Mandy 8AM Tabata Beth 5:30 Yoga Kathy 6:30 Zumba Jodi</p>	<p>10 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne 11AM MSROM Maria</p>	<p>11 8-8:45 Boot Camp Mandy 8:45-9 ABS Mandy 9-10:00 Zumba Sam</p>
<p>12 8:30 Tabata Jen 10 AM NO CLASS</p>	<p>13 8:00 Low Burn Beth 4:15 Tabata Kym 5:15 Salsa Tone Dina 6:15 Yoga Kathy</p>	<p>14 5:30-6:30 Hi-Lo Kelly 8:00 Step Colleen 11AM MSROM Maria 4:30-5:15 Step Kelly 5:15- 5:30 ABS Kelly 5:30 GunzBunz Jen</p>	<p>15 8-8:30 Hi-Lo Colleen 8:30 Stretch Colleen 4:15-5:00 TKO Kym 5-5:15 ABS Kym 5:15 TKO Rachel 6-6:15 ABS Rachel</p>	<p>16 5:30-6:15 Hi-Lo Mandy 8:00 AllBall Yvonne 5:30 Yoga Kathy 6:30 Zumba Jodi</p>	<p>17 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne 11AM MSROM Maria</p>	<p>18 8:00 40/20 Jen 9-10:00 Zumba Sam</p>
<p>19 8:30 GunzBunz Beth 10 AM Classical Pilates & Extras Jennifer</p>	<p>20 8:00 Step Beth 8:45-9 ABS Beth 4:30-6:30 Aerobithon See schedule in box below</p>	<p>21 5:30 Boot Camp Kelly 8AM Low Burn Colleen 11AM MSROM Maria 4:30-5:15 Pump Kelly 5:15- 5:30 ABS Kelly 5:30 Salsa Tone Dina</p>	<p>22 8:00 40/20 Colleen 4:15 Tabata Kym 5:15-6 TKO Rachel 6-6:15 ABS Rachel</p>	<p>23 5:30-6:15 Tabata Mandy 8AM GunzBunz Yvonne 5:30 Yoga Kathy 6:30 Zumba Jodi</p>	<p>24 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne 11AM MSROM Maria</p>	<p>25 8-8:45 Boot Camp Mandy 8:45-9 ABS Mandy 9-10:00 Classical Pilates & Extras Jennifer</p>
<p>26 8:30 GunzBunz Jen 10 AM NO CLASS</p>	<p>27 8:00 Low Burn Beth 4:15 Tabata Kym 5:15 Salsa Tone Dina 6:15 Yoga Kathy</p>	<p>28 5:30-6:15 Step Kelly 8 AM GunzBunz Colleen 11AM MSROM Maria 4:30-5:15 Step Joy 5:15- 5:30 ABS Joy 5:30 Zumba Sam</p>	<p>29 8-8:30 Hi-Lo Colleen 8:30 Stretch Colleen 4:15-5:00 TKO Kym 5-5:15 ABS Kym 5:15 TKO Rachel 6-6:15 ABS Rachel</p>	<p>Monday, February 20 President's Day Aerobithon 4:30 – 4:50 TKO Kym 4:50 - 5:10 GunzBunz Beth 5:10 – 5:30 Salsa Tone Dina 5:30 – 5:50 Classical Pilates Jennifer 5:50 – 6:10 Tabata Jen 6:10 – 6:30 Yoga Kathy</p>		<p>Scheduling feedback may be sent to rachelyoung6@gmail.com</p>

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