

February Classes

January '20						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

March '20						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 <i>*Must preregister for the Speed and Sport Program - limited spots available!</i>	27	28	29	30	31	1 8AM Spin Sprints & Weights
2 8AM Hills & Thrills	3 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints 4:30PM PiYo 515PM Monday Madness Spin 6PM Dance Fitness	4 6AM Insanity 8AM Morning Mashup 5:30PM FitNFab	5 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt 5PM Yoga 5:30PM Step	6 6AM Insanity 8AM Morning Mashup 4:30PM PiYo 5:30PM Spin 6:30PM Dance Fitness	7 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 12PM Spin Sprints	8 8AM Spin Sprints & Weights
9 8AM Hills & Thrills 2PM Whole30 Nutrition Class with Dr. Fawn Shaffer	10 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints 4:30PM PiYo 515PM Monday Madness Spin 6PM Dance Fitness	11 6AM Insanity 8AM Morning Mashup 5:30PM FitNFab	12 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt 4:30PM Speed & Sport 5PM Yoga 5:30PM Step	13 6AM Insanity 8AM Morning Mashup 4:30PM PiYo 5:30PM Spin 6:30PM Dance Fitness	14 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 12PM Spin Sprints	15 8AM Spin Sprints & Weights 10AM Speed & Sport
16 8AM Hills & Thrills	17 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints 4:30PM PiYo 515PM Monday Madness Spin 6PM Dance Fitness	18 6AM Insanity 8AM Morning Mashup 5:30PM FitNFab	19 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt 4:30PM Speed & Sport 5PM Yoga 5:30PM Step	20 6AM Insanity 8AM Morning Mashup 4:30PM PiYo 5:30PM Spin 6:30PM Dance Fitness	21 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 12PM Spin Sprints	22 8AM Spin Sprints & Weights 10AM Speed & Sport
23 8AM Hills & Thrills LADIES ONLY AFTER HOURS Event 5pm - 7pm	24 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints 4:30PM PiYo 515PM Monday Madness Spin 6PM Dance Fitness	25 6AM Insanity 8AM Morning Mashup 5:30PM FitNFab	26 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 10AM Strength 12PM Spin Sprints & Weights 4:30PM Full Body Sculpt 4:30PM Speed & Sport 5PM Yoga 5:30PM Step	27 6AM Insanity 8AM Morning Mashup 4:30PM PiYo 5:30PM Spin 6:30PM Dance Fitness	28 5AM Wakeup Workout 530AM Drum Latè 8AM FitNFab 9AM Step 12PM Spin Sprints	29 8AM Spin Sprints & Weights 10AM Speed & Sport
<p>Did you know that we use the MINDBODY® app? Download the free app on your SmartPhone and search for Full Body Health and Fitness. You can also access Mindbody from your laptop...just visit https://mindbody.io/ Access it for: class schedules, instructor changes, booking YOUR favorite classes, notification of class cancellation, and much more. We will be asking all class participants to pre-register for classes. You will still be able to call the Center ahead of time to reserve YOUR spot.</p>						