

February 2020



3000 E. State Blvd., Fort Wayne

If you have questions about classes, call 260-373-4151.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Instructors are subject to change: (B) Becky, (BO) Bob, (HN) Helen, (HI) Hitomi, (ME) Michele, (P) Pam, (SN) Shannon, (K) Kirsten, (KE) Keith, (HE) Heather</p>	<p>PiYo® is a registered trademark of Beachbody LLC. Zumba® is a registered trademark of Fitness LLC.</p> <p>*Please see backside of sheet for details</p>					<p>1 9-9:40 AM—Zumba Toning (B) 9:45-10:15 AM—Abs & Glutes (B)</p>
<p>2 11-11:45 AM—De-stress Yoga (HE) 12-12:45 PM—ZUMBA® (HI)</p>	<p>3 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (ME) 4-4:45 PM—ESP (KE) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>4 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:45 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (K) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K)</p>	<p>5 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (ME) 9:45-10:15 AM—Pilates (P) 12-1:00 PM—Beginner Yoga (ME) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>6 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K) 6-6:45 PM—Zumba (HI)</p>	<p>7 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Groove 'N' Tone (P) 1-2:00 PM—Fit Yoga (K) 4:30-5:15 PM—ZUMBA® (HI)</p>	<p>8 9-9:40 AM—Workout Stations (P) 9:45-10:15 AM—Pilates (P)</p>
<p>9 11-11:45 AM—De-stress Yoga (HE) 12-12:45 PM—ZUMBA® (HI)</p>	<p>10 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (ME) 4-4:45 PM—ESP (KE) 6:15-7:00 PM—ZUMBA® (HI)</p>	<p>11 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:45 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (K) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K)</p>	<p>12 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (K) 9:45-10:15 AM—Pilates (P) 12-1:00 PM—Beginner Yoga (ME) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>13 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K) 6-6:45 PM—Zumba (HI)</p>	<p>14 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Pedal Power (P) 1-2:00 PM—Fit Yoga (K) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>15 9-9:40 AM—Kickboxing & Weights (B) 9:45-10:15 AM—Abs & Glutes (B)</p>
<p>16 11-11:45 AM—De-stress Yoga (HE) 12-12:45 PM—ZUMBA® (HI)</p>	<p>17 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (ME) 4-4:45 PM—ESP (KE) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>18 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:45 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (K) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K)</p>	<p>19 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (ME) 9:45-10:15 AM—Pilates (P) 12-1:00 PM—Beginner Yoga (ME) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>20 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K) 6-6:45 PM—Zumba (HI)</p>	<p>21 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Groove 'N' Tone (P) 1-2:00 PM—Fit Yoga (K) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>22 9-9:40 AM—Workout Stations (P) 9:45-10:15 AM—Pilates (P)</p>
<p>23 11-11:45 AM—De-stress Yoga (HE) 12-12:45 PM—ZUMBA® (HI)</p>	<p>24 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (ME) 4-4:45 PM—ESP (KE) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>25 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:45 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (K) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K)</p>	<p>26 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (ME) 9:45-10:15 AM—Pilates (P) 12-1:00 PM—Beginner Yoga (ME) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>27 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 5-5:45 PM—Step up & Wind Down (K) 6-6:45 PM—Zumba (HI)</p>	<p>28 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Pedal Power (P) 1-2:00 PM—Fit Yoga (K) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)</p>	<p>29 9-9:40 AM— 9:45-10:15 AM—</p>

Pedal Power FWCS—Thursday