

CFRC Activity Calendar - February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Misty Allen Senior Circuit Silversneakers HIIT Delay the Disease					1 6:30am HIIT 10am Silversneaker	2 9am ZUMBA 9:30am Mix Level Yoga
	4 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	5 10am Gentle Yoga 7pm MIX LEVEL YOGA 7pm Pilates	6 6:30am HIIT 9am ZUMBA Gold 7pm ZUMBA Blacklight	7 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	8 6:30am HIIT 10am Silversneaker	9 9am ZUMBA 9:30am Mix Level Yoga
Bev Britton ZUMBA Pilates						
	11 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	12 10am Gentle Yoga 7pm MIX LEVEL YOGA 7pm Pilates	13 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	14 5pm Tai Chi 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	15 6:30am HIIT 10am Silversneaker	16 9am ZUMBA 9:30am Mix Level Yoga
Mary Grote ZUMBA Gold						
	18 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	19 10am Gentle Yoga 7pm MIX LEVEL YOGA 7pm Pilates	20 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	21 5pm Tai Chi 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	22 6:30am HIIT 10am Silversneaker	23 9am ZUMBA 9:30am Mix Level Yoga
Patty Swanson ZUMBA						
	25 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	26 10am Gentle Yoga 7pm MIX LEVEL YOGA 7pm Pilates	27 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	28 5pm Tai Chi 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based		
Nancy Kennelly YOGA						
Christopher Seeley AMRAP SPIN						
Pam Nichols Tai Chi						
Cassie Sharp Gentle Yoga						
EVENTS				GENTLE YOGA CLASS With Cassie Sharp - Class will be held in the Yoga room		