

# PERSONALLY FIT GROUP TRAINING SCHEDULE

## FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30	31	1	2	3	4
	8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Circuit Training—Caulette 8:30 Body Sculpt—Caulette  4:30 Stretch'n Tone—Annette 5:30 Drop It Low—Jessica 6:30 Yoga(30)—Jessica	8:30 R.I.P.P.E.D.—Jill  4:30 Cardio Circuit—Alison 5:15 Butts & Guts—Ashley 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b>	5:30 Basic Strength—Caulette 8:30 Stretch'n Tone—Annette 9:00 Cycle Circuit—Tracy*  4:30 Step'n Tone—Caulette 5:30 Zumba—Brian 6:30 AB Blast(30)—Caulette	5:30 Kickboxing—Alison 8:00 Indoor Cycle—Tracy* 8:30 Kick Some Abs—Jessica	<b>7:00 Sole Sister Running Clinic</b>  9:00 Drop It Low—Jessica
5	6	7	8	9	10	11
	8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Step'n Tone—Caulette 8:30 Body Sculpt—Caulette  4:30 Yogalates—Jessica 5:30 Zumba—Jessica 6:30 Yoga(30)—Jessica	8:30 R.I.P.P.E.D.—Jill  4:30 Kickboxing—Caulette 5:15 Chair Dance—Ashley 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b> <b>6:00 Workout 101*</b>	5:30 Basic Strength—Caulette 8:30 Stretch'n Tone—Annette 9:00 Cycle Circuit—Tracy*  4:30 Step'n Tone—Caulette 5:30 Zumba—Brian 6:30 AB Blast(30)—Caulette	5:30 Drop It Low—Jessica 8:00 Indoor Cycle—Tracy* 8:30 Fat Burner—Caulette	<b>7:00 Sole Sister Running Clinic</b>  9:00 Chair Dance—Ashley* 10:00 Prayer Walk—Dawn
12	13	14	15	16	17	18
	8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Step'n Tone—Caulette 8:30 Body Sculpt—Caulette  4:30 Stretch'n Tone—Annette 5:30 Drop It Low—Jessica 6:30 Yoga(30)—Jessica	8:30 R.I.P.P.E.D.—Jill <b>9:00 Workout 101*</b>  4:30 Cardio Circuit—Alison 5:15 Butts & Guts—Ashley 5:30 Cycle Circuit-Tracy* <b>6:00 FUEL*</b>	5:30 Body Sculpt—Caulette 8:30 Stretch'n Tone—Annette 9:00 Cycle Circuit—Tracy*  4:30 Drums—Caulette 5:30 Zumba—Brian 6:30 AB Blast(30)—Caulette	5:30 Kickboxing—Alison 8:00 Indoor Cycle—Tracy* 8:30 Kick Some Abs—Jessica	<b>7:00 Sole Sister Running Clinic</b>  9:00 R.I.P.P.E.D.—Jill
19	20	21	22	23	24	25
	8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  5:00 R.I.P.P.E.D.—Jill	<b>CLOSED FOR MARDI GRAS</b>	8:30 R.I.P.P.E.D.—Jill  4:30 Kickboxing—Caulette 5:15 Butts & Guts—Ashley 5:30 Cycle Circuit-Tracy* <b>6:00 Workout 101*</b>	5:30 Basic Strength—Caulette 8:30 Stretch'n Tone—Annette 9:00 Cycle Circuit—Tracy*  4:30 Step'n Tone—Caulette 5:30 Zumba—Brian 6:30 AB Blast(30)—Caulette	5:30 Drop It Low—Jessica 8:00 Indoor Cycle—Tracy* 8:30 Fat Burner—Caulette	<b>7:00 Sole Sister Running Clinic</b>  9:00 Zumba—Jessica
26	27	28	29	<b>Race for the Cure 5K, March 17th</b> Join Personally Fit's Race for the Cure Team Go to <a href="http://www.komenacadiana.org">www.komenacadiana.org</a> , click the Registration Box then on "Join an Existing Team" and search for Personally Fit or you can pick up a registration form at the front desk. Need help training for the race? Inquire at the front desk about training program.  * Denotes classes that you must register for ahead of time. Check at front desk for details.		
	8:30 Zumba—Crystal 8:45 Cycle Circuit—Jill*  4:30 Power Dance—Ashley 5:30 R.I.P.P.E.D.—Jill	5:30 Circuit Training—Caulette 8:30 Body Sculpt—Caulette  4:30 Stretch'n Tone—Annette 5:30 Zumba—Jessica 6:30 Yoga(30)—Jessica	8:30 R.I.P.P.E.D.—Jill <b>9:00 Workout 101*</b>  4:30 Cardio Circuit—Alison 5:15 Butts & Guts—Ashley 5:30 Cycle Circuit-Tracy*			