

FEBRUARY 2018

Peak Fitness Group Exercise Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						<u>1</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin/Strength (Jami) 6:00 pm - Strength (Judith) 7:00 pm - Jiu Jitsu (Johnny)	<u>2</u> 5:10 am - Cross Training (Lauri) 8:15 am - Step/Interval (Pam)		
<u>5</u> 5:10 am - Cross Training (Lauri) 8:15 am - Tabata (Pam) 9:30 am - Step (Abby) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 5:30 pm - Zumba (Casey) 7:00 pm - Jiu Jitsu (Johnny)	<u>6</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin & Core (Lauri)	<u>7</u> 5:10 am - Cardio & Core (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 6:00 pm - Step (Abby) 7:00 pm - Jiu Jitsu (Johnny)	<u>8</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin/Strength (Jami) 6:00 pm - Strength (Judith) 7:00 pm - Jiu Jitsu (Johnny)	<u>9</u> 5:10 am - Cross Training (Lauri) 8:15 am - Step (Pam)					
<u>12</u> 5:10 am - Cross Training (Lauri) 8:15 am - Tabata (Pam) 9:30 am - Step (Abby) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 5:30 pm - Zumba (Casey) 7:00 pm - Jiu Jitsu (Johnny)	<u>13</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin & Core (Lauri)	<u>14</u> 5:10 am - Cardio & Core (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 6:00 pm - Step (Abby) 7:00 pm - Jiu Jitsu (Johnny)	<u>15</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin/Strength (Jami) 6:00 pm - Strength (Judith) 7:00 pm - Jiu Jitsu (Johnny)	<u>16</u> 5:10 am - Cross Training (Lauri) 8:15 am - Step/Interval (Pam)					
<u>19</u> PRESIDENT'S DAY 5:10 am - NO CLASS 8:15 am - Tabata (Casey) 9:30 am - Step (TBD) 11:45 am - Res. Yoga (Karen) 1:00 pm - NO CLASS 5:30 pm - Zumba (Casey) 7:00 pm - Jiu Jitsu (Johnny)	<u>20</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin & Core (Lauri)	<u>21</u> 5:10 am - Cardio & Core 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 6:00 pm - Step (Abby) 7:00 pm - Jiu Jitsu (Johnny)	<u>22</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin/Strength (Jami) 6:00 pm - Strength (Judith) 7:00 pm - Jiu Jitsu (Johnny)	<u>23</u> 5:10 am - Cross Training (Lauri) 8:15 am - Step (Pam)					
<u>26</u> 5:10 am - Cross Training (Lauri) 8:15 am - Tabata (Pam) 9:30 am - Step (Abby) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 5:30 pm - Zumba (Casey) 7:00 pm - Jiu Jitsu (Johnny)	<u>27</u> 8:15 am - Zumba (Casey) 1:00 pm - Spin & Core (Lauri)	<u>28</u> 5:10 am - Cardio & Core (Lauri) 8:15 am - Strength (Pam) 11:45 am - Res. Yoga (Karen) 1:00 pm - Strength (Jami) 6:00 pm - Step (Abby) 7:00 pm - Jiu Jitsu (Johnny)							 <p>PEAK FITNESS</p> <p>Res. Yoga - Restorative Yoga</p>