



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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		

## CLASS DESCRIPTIONS

### Indoor Cycling

Get your heart pumping with these high octane, fat-melting, cardio-kicking blowouts, guaranteed to make you sweat! Cycling classes are available as short as 10 minutes, as long as 90 and everything in between.

### Mind & Body

Find your center and elevate your Qi with these truly transcendental yoga classes. Keep taking these classes, and we guarantee you'll find your own personal nirvana in no time.

### Ab & Core

Are you ready to carve those midsections with some gut-busting core workouts? Of course, you are! Six-pack, here we come!