



PNW February Group Fitness Schedule



01/29/2024-02/24/2024



DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	SilverSneaker Class Vicky	Be Fit Melissa	SilverSneaker Class Vicky	Be Fit Melissa	SilverSneaker Class Vicky
9:20 AM	Zumba Gold Vicky		Zumba Gold Vicky		Zumba Gold Vicky
9:30 AM		WATER AEROBICS		WATER AEROBICS	
10:45 AM	WATER AEROBICS		WATER AEROBICS		
12:00 Noon	Stretch Out Melissa		Stretch Out Melissa		
2:30 PM		WATER AEROBICS		WATER AEROBICS	

Note: Water Aerobics is \$40 per month for 8 classes or \$5 per class. Be sure to pay for class before the 5th of the month, all other classes are FREE. Office: 229-312-8899

Mobile:706-566-0368

Class Intensity Key		Beginner
		Low -Med
		Mid-Level
		Advanced