

FEBRUARY 2017 POWER UP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
		5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 5:30p Barbell City	8:15a Fit in 50-Cardio 9:30a Silver Sneakers 5:30p Tabata	5:15a Cardio Ball 8:15a Yoga/Dance Fit	7:00a H.I.R.T. 8:15a Jen's Fit Mix
6	7	8	9	10	11
5:15a BLT 8:15a Simply Stretch 5:30p DanceFit/Barre	8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15a Yoga Blend 5:30p Barbell City	5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 5:30p POUND	8:15a Fit in 50-Cardio 9:30a Silver Sneakers 5:30p Tabata	5:15a Step Pump 8:15a Yoga/Barre	7:00a H.I.R.T. 8:15a Mary's Mix
13	14	15	16	17	18
5:15a Pump It Up 8:15a Simply Stretch 5:30p DanceFit/Barre	8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15a Yoga Blend 5:30p Cardio Warrior	5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 5:30p Barbell City	8:15a Fit in 50-Cardio 9:30a Silver Sneakers 5:30p Tabata	5:15a Interval 8:15a Yoga/Dance Fit	7:00a H.I.R.T. 8:15a Tabata
20	21	22	23	24	25
5:15a 8 Min. Splits 8:15a Simply Stretch 5:30p DanceFit/Barre	8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15a Yoga Blend 5:30p Barbell City	5:15a H.I.I.T. 8:15a Arms & Abs Butts & Guts 5:30p POUND	8:15a Fit in 50-Cardio 9:30a Silver Sneakers 5:30p Tabata	5:15a Cardio Fusion 8:15a Yoga/Flexibility	8:15a Mary's Mix
27	28	425 S. LINCOLN DR. TROY, MO 63379 (636) 528-4227			STAFFED HOURS: Mon.-Thurs. 8a-7:30p Fri. & Sat. 8a-1p
5:15a Jen's Fit Mix 8:15a Simply Stretch 5:30p POUND	8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15a Simply Stretch 5:30p Cardio Warrior			DAYCARE HOURS: Mon.-Fri. 8a-10a Saturday 7a-10a Mon.-Thurs. 4p-7p	

