



Land-Based Group Fitness Classes

February 2017 Jump Start Health & Fitness



For more information please contact Jump Start Staff at 687-4537 ext. 212 or www.associatedtherapeutics.com

Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 1:00 pm SilverSneakers® “Classic” - —Brian</p> <p>5:30 Zumba - Ninnette</p>	<p>2 9:00am -SilverSneakers® “Classic” – Brian 10:00am Yoga - Sonji</p>	<p>3 1:00 pm SilverSneakers® “Classic” - Brian</p>	<p>4 9:00 a.m. Yoga - Sandy</p>
<p>6 1:00 pm Senior Fit - Faye</p> <p>5:30 Zumba - Rose</p>	<p>7 9:00 am -SilverSneakers® “Classic” – Faye 10:00am Yoga - Sonji</p>	<p>8 1:00 pm SilverSneakers® “Classic” - —Brian</p> <p>5:30 Zumba - Haley</p>	<p>9 9:00am -SilverSneakers® “Classic” – Brian 10:00am Yoga - Sonji</p>	<p>10 1:00 pm SilverSneakers® “Classic” - Jessica</p>	<p>11 9:00 a.m. Yoga - Sandy</p>
<p>13 1:00 pm Senior Fit - Faye</p> <p>5:30 Zumba - Haley</p>	<p>14 9:00 am -SilverSneakers® “Classic” – Brian 10:00am Yoga - Sandy</p>	<p>15 1:00 pm SilverSneakers® “Classic” - Brian</p> <p>5:30 Zumba - Rose</p>	<p>16 9:00am -SilverSneakers® “Classic” – Jessica 10:00am Yoga - Sandy</p>	<p>17 1:00 pm SilverSneakers® “Classic” - Brian</p>	<p>18 9:00 a.m. Yoga - Sandy</p>
<p>20 1:00 pm Senior Fit - Faye</p> <p>5:30 Zumba - Haley</p>	<p>21 9:00 am -SilverSneakers® “Classic” – Brian 10:00am Yoga - Sonji</p>	<p>22 1:00 pm SilverSneakers® “Classic” - Brian</p> <p>5:30 Zumba - Haley</p>	<p>23 9:00am -SilverSneakers® “Classic” – Jessica 10:00am Yoga - Sonji</p>	<p>24 1:00 pm SilverSneakers® “Classic” - Faye</p>	<p>25 9:00 a.m. Yoga - Sandy</p>
<p>27 1:00 pm Senior Fit - Faye</p> <p>5:30 Zumba - Rose</p>	<p>28 9:00 am -SilverSneakers® “Classic” – Faye 10:00am Yoga - Sonji</p>				