























FEBRUARY FREE GROUP FITNESS SCHEDULE AT CAPITALFITNESSKY.COM – BEGINS 2/8

	9-10 A.M.	10-11 A.M.	5-6 P.M.	6-7 P.M.	7:10-8 P.M.	
<u>Monday</u>	INTRO AEROBICS  ABS 9:30 Tara Linney	intro to yoga  Tara Linney	 ZUMBA FITNESS Susan Arnold	CYCLING WITH WEIGHTS  Danielle Crosman	 ZUMBA FITNESS Sherrie Goddard	 hot yoga 7:10 Leslie Dunigan
<u>Tuesday</u>		yoga basics  Sherrie Goddard	 ZUMBA FITNESS Robin Nagel	THE WORKS!  5:30-6:30 Meghan Crosman	THE WORKS!  5:30-6:30 Meghan Crosman	3-0 ABS YOGA PILATES  6:00-7:00 Sherrie Goddard
<u>Wednesday</u>	TONING  Tara Linney	yoga  Tara Linney	 ZUMBA FITNESS Susan Arnold	TripleThreat  Mona Juett	INDOOR CYCLING  Danielle Crosman	core yoga  7:10 Leslie Dunigan
<u>Thursday</u>			DANCE MANIA  Tara Linney	CIRCUIT CYCLING  Danielle Crosman	THE WORKS!  6:30-7:30 Danielle Crosman	THE WORKS!  6:30-7:30 Danielle Crosman
<u>Friday</u>	KICK FAT FRIDAY  Tara Linney	yoga relax  Tara Linney			 CAPITAL FITNESS	
<u>Saturday</u>	TripleThreat  Mona Juett	 ZUMBA FITNESS 10:10 Robin Nagel			Free child care services M-W-F-Sat. 9a-Noon, T-Th 9a-11a M-Th 5-8 P.M. Non-member class fee \$5.	