



February Fitness

FITNESS Classes are FREE for Members (excluding Dance Fitness)

MORNING SCHEDULE

\$5.00/ class non-members

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 9:00 Power Pilates/ Stretch (Christin) 10:00 Tai Chi (Brenda)	3 9:00 Strength & Conditioning (Christin)	4 9:00 TNT – Tighten and Tone (Kari)
5	6 9:00 HIIT & Run (Ken)	7 10:00 Tai Chi (Brenda)	8	9 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda)	10 9:00 Strength & Conditioning (Christin)	11 9:00 TNT – Tighten and Tone (Kari)
12	13 9:00 HIIT & Run (Ken)	14 10:00 Tai Chi (Brenda)	15	16 9:00 Power Pilates/ Stretch (Christin) 10:00 Tai Chi (Brenda)	17 9:00 Strength & Conditioning (Christin)	18 9:00 TNT – Tighten and Tone (Kari)
19	20 9:00 HIIT & Run (Ken)	21 10:00 Tai Chi (Brenda)	22	23 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda)	24 9:00 Strength & Conditioning (Christin)	25 9:00 TNT – Tighten and Tone (Kari)
26	27 9:00 HIIT & Run (Ken)	28 10:00 Tai Chi (Brenda)				St. Joseph REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512



February Fitness

FITNESS Classes are FREE for Members (excluding Dance Fitness)

EVENING SCHEDULE

\$5.00/ class non-members

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00 Yoga (Tom)	2 5:30 Circuit Training (Kari)	3	4
5	6 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	7 4:30 Yoga (Kelli) 6:00 Toning (Kali)	8 NO Yoga	9 5:30 Circuit Training (Kari)	10	11
12	13 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	14 4:30 Yoga (Kelli) NO Toning	15 6:00 Yoga (Tom)	16 5:30 Circuit Training (Kari)	17	18
19	20 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	21 4:30 Yoga (Kelli) 6:00 Toning (Kali)	22 6:00 Yoga (Tom)	23 5:30 Circuit Training (Kari)	24	25
26	27 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5	28 4:30 Yoga (Kelli) 6:00 Toning (Kali)				St. Joseph REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512

