

Basin Recreation

Group Fitness Schedule

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+ Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Senior Fit- 11am Muscle-Up-5:30pm (TSL) Dance-Hall- 7pm (TSL)	2 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Yoga Buddies- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	3 Group Cycle- 6am Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion- 9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 4pm (TSL)	4 Yoga- 8am (TSL) Group Cycle- 8am Zumba- 9:30am (TSL)
5 Yoga- 8am (TSL) Zumba- 9:30am (TSL)	6 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 5:30pm (TSL)	7 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Kid's Fit- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	8 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+ Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Senior Fit- 11am Muscle-Up-5:30pm (TSL) Dance-Hall- 7pm (TSL)	9 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Yoga Buddies- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	10 Group Cycle- 6am Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion- 9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 4pm (TSL)	11 Yoga- 8am (TSL) *MASTERR GROUP CYCLE 8am – 10am* Zumba- 9:30am (TSL)
12 Yoga- 8am (TSL) Zumba- 9:30am (TSL)	13 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 5:30pm (TSL)	14 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Kid's Fit- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL) Valentine's Day	15 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+ Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Senior Fit- 11am Muscle-Up-5:30pm (TSL) Dance-Hall- 7pm (TSL)	16 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Yoga Buddies- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	17 Group Cycle- 6am Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion- 9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 4pm (TSL)	18 Yoga- 8am (TSL) Group Cycle- 8am Zumba- 9:30am (TSL)
19 Yoga- 8am (TSL) Zumba- 9:30am (TSL)	20 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 5:30pm (TSL) President's Day	21 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Kid's Fit- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	22 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+ Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Senior Fit- 11am Muscle-Up-5:30pm (TSL) Dance-Hall- 7pm (TSL)	23 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Yoga Buddies- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	24 Group Cycle- 6am Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion- 9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 4pm (TSL)	25 Yoga- 8am (TSL) Group Cycle- 8am Zumba- 9:30am (TSL) *Guided Snowshoe Hike 10:30am*(Meet at the PC Community Church.)
26 Yoga- 8am (TSL) Zumba- 9:30am (TSL)	27 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Silversneakers- 11am Muscle-Up- 5:30pm (TSL)	28 A.M.P.- 6am Chisel- 7am Pilates- 8:30am (TSL) Step+Sculpt- 8:30am Yoga-10am (TSL) Spin+Stretch-10am Kid's Fit- 4:30pm (TSL) Group Cycle-6pm Zumba- 6pm (TSL)	29 Group Cycle- 8am Yoga- 8:35am (TSL) Strength+ Motion-9:30am Power-Hour- 9:30am Zumba- 10am (TSL) Senior Fit- 11am Muscle-Up-5:30pm (TSL) Dance-Hall- 7pm (TSL)			(TSL)- TRAILSIDE LOCATION: 5715 Trailside Drive

