



February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 THE heart TRUTH™		1 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	2 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	3 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	4 National Wear Red Day 9:15 Zumba - April 4:15 Zumba - April	5 10:00 Yoga Nidra / Relaxation Experience – Kathy 11::00 Zumba – Nancy
	6 <small>™ The Heart Truth logo is a trademark of HHS.</small>	7 9:15am Zumba – Nancy 4:15pm Body Defined - Bonnie 5:15 Yoga - Tiffany 6:30 Zumba - April	8 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	9 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	10 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	11 9:15 Zumba - April 4:15 Zumba - April
13 	14 Valentine's Day 9:15am Zumba – Nancy 4:15pm Body Defined - Bonnie 5:15 Yoga - Marsha 6:30 Zumba - April	15 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	16 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	17 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	18 9:15 Zumba - April 4:15 Zumba - April	19 9:00 Zumba – April 10:00 Muscle Pump - Connie
20	21 Presidents' Day 9:15am Zumba – Nancy 4:15pm Body Defined - Bonnie 5:15 Yoga - Marsha 6:30 Zumba - April	22 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:30 Pilates - Nancy	23 9:15am Zumba – Melissa 4:15pm Body Defined - Bonnie 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	24 10:35am Gentle Vinyasa Yoga -Eileen 4:15pm Hatha Yoga -Tiffany 6:00 - Unbeliev-a Ball - Tracy	25 9:15 Zumba - April 4:15 Zumba - April	26 9:00 Zumba – April 10:00 Muscle Pump - Connie
27	28 9:15am Zumba – Nancy 4:15pm Body Defined - Bonnie 5:15 Yoga - Marsha 6:30 Zumba - April					