

**February, 2025**  
**Fit-Time for Women**  
**GROUP FITNESS SCHEDULE**

|                  |                            | 9:00 - 10:00                     | 10:30 - 11:30                     | 12:00 - 1:00   | 1:15 - 2:15       | 5:00 - 6:00                                   |
|------------------|----------------------------|----------------------------------|-----------------------------------|--|-------------------|---|
| <b>MONDAY</b>    | <b>Class</b><br>Instructor | <b>Dance</b><br>Bayley           | <b>Strength Worx</b><br>Bayley    | <b>Chair Yoga</b><br>Rebe                              |                   | <b>ZUMBA</b><br>Angela                        |
| <b>TUESDAY</b>   | <b>Class</b><br>Instructor | <b>Morning Mashup</b><br>Melanie | <b>Arthritis Class</b><br>Rebe    | <b>Strength, Balance &amp; Coordination</b><br>Barbara | <b>Volleyball</b> | <b>YOGA</b><br>Rebe                           |
| <b>WEDNESDAY</b> | <b>Class</b><br>Instructor | <b>Dance</b><br>Eden             | <b>Yoga for Mobility</b><br>Jaime | <b>Silver Sneakers</b><br>Barbara                      |                   | <b>Strength &amp; Conditioning</b><br>Jacquie |
| <b>THURSDAY</b>  | <b>Class</b><br>Instructor |                                  | <b>Yogalates</b><br>Barbara       | <b>Strength, Balance &amp; Coordination</b><br>Barbara | <b>Volleyball</b> |   |
| <b>FRIDAY</b>    | <b>Class</b><br>Instructor | <b>World Dance</b><br>Eden       | <b>Yoga</b><br>Rebe/Barbara       | <b>Silver Sneakers</b><br>Barbara                      |                   |   |
| <b>SATURDAY</b>  | <b>Class</b><br>Instructor | <b>Warrior Cardio</b><br>Lisa    | <b>YOGA</b><br>Rebe               |  |                   |   |

**Paid Classes**

|          |         |                             |  |                                  |  |                                 |
|----------|---------|-----------------------------|--|----------------------------------|--|---------------------------------|
| Monday   | 5:00 PM |                             |  |                                  |  | <b>BARRE ABOVE</b><br>Rebe      |
| Thursday | 9:00 AM | <b>BALLET BARRE</b><br>Eden |  |                                  |  |                                 |
| Friday   | 5:00 PM |                             |  | <b>NOTE - February 21 and 28</b> |  | <b>Dance Cardio</b><br>Savannah |