

February 2025 Group X Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---------------------------|---|
| | | | | | | 1 10am-2pm Martial Arts |
| 2 | 3 | 4 8:30-9:30am Aqua Fitness (@ pool) 8:30-9:30am Chair Yoga (offsite) 11-11:50am SilverSneakers Circuit 7-7:45pm TRX | 5 | 6 11-11:50am SilverSneakers BOOM Muscle 12-1pm Small Group Training 6-8:30pm Karate | 7 | 8 10am-2pm Martial Arts 10:30-11:15am Family Yoga (Oak Room) |
| 9 | 10 10:30-11am Seated Strength & Stretch 7-7:40pm Energize & Uplift Yoga | 11 8:30-9:30am Aqua Fitness (@ pool) 8:30-9:30am Chair Yoga (offsite) 11-11:50am SilverSneakers Circuit 7-7:45pm TRX | 12 7-7:40pm Yoga for Self- Care | 13 11-11:50am SilverSneakers BOOM Muscle 12-1pm Small Group Training 6-8:30pm Karate | 14 | 15 10am-2pm Martial Arts |
| 16 | 17 7-7:40pm Energize & Uplift Yoga | 18 8:30-9:30am Aqua Fitness (@ pool) 8:30-9:30am Chair Yoga (offsite) 11-11:50am SilverSneakers Circuit 7-7:45pm TRX | 19 7-7:40pm Yoga for Self- Care | 20 11-11:50am SilverSneakers BOOM Muscle 12-1pm Small Group Training 6-8:30pm Karate | 21 6-7pm Step Party | 22 10am-2pm Martial Arts |
| 23 11am-12pm Show Your Feet Some Love (Oak Room) | 24 12-12:45pm TRX 7-7:40pm Energize & Uplift Yoga | 25 8:30-9:30am Aqua Fitness (@ pool) 8:30-9:30am Chair Yoga (offsite) 11-11:50am SilverSneakers Circuit 7-7:45pm TRX | 26 6-6:50pm Mat Pilates 6-6:50pm Yoga for Kids (Oak Room) 7-7:40pm Yoga for Self- Care | 27 8:30-9:30am Aqua Fitness (@pool) 11-11:50am SilverSneakers BOOM Muscle 12-1pm Small Group Training 6-8:30pm Karate | 28 | |

