



FEBRUARY

Group Exercise Schedule

	<i>TIME</i>	<i>CLASS</i>	<i>INSTRUCTOR</i>	<i>LOCATION</i>
MON	5:45-6:30 AM	Boot Camp	Jameelah	Studio
	9:00-10:00	★ Water Aerobics	Eloise	Pool
	4:00-4:30 PM	★ Kids Fitness ages 4-11	LaKisha	Studio
	4:45-5:15	African Dance	LaKisha	Activity Room 2
	5:15-6:10	★ Hip Hop Funk	LaKisha	Studio
	6:15-7:10	Group Cycling	Jameelah	Activity Room 2
	6:15-7:10	Step Challenge	Cedric	Studio
	7:15-7:35	Abs/Cool Down	Cedric	Activity Room 1
	7:15-7:55	★ Stretch and More	Jameelah	Studio
TUE	5:45-6:45 AM	Step n Sculpt	Jameelah	Studio
	9:30-10:30	Group Cycling	Jameelah	Activity Room 1/Studio
	10:15-11:15	★ Senior Chair Aerobics	Danielle	Activity Room 1
	4:45- 5:30 PM	★ African Dance/Hip Hop	LaKisha	Studio
	5:40-6:40	Extreme Body Sculpt	Jameelah	Studio
	6:40-7:20	★ Zumba	Shaheedah	Studio
	6:30-7:15	★ Water Aerobics	Eloise	Pool
	6:30-7:30	Group Cycling	Kimberly	Activity Room 2
	7:20-7:55	Fitness Pilates	Jameelah	Studio
WED	5:45-6:45 AM	Group Cycling	Darrell	Activity Room 2
	9:10-10:10	★ Cardio Combo	ElFreda	Studio
	10:15-11:15	★ Senior Water Aerobics	Ranette/ElFreda	Pool
	11:20-12:20	★ Senior Fitness	Ranette/Shahedah	Activity Room 1
	5:20-6:25 PM	Step Challenge	Cedric	Studio
	6:15-7:10	Group Cycling	Jameelah	Activity Room 2
	6:30-7:30	★ Pilates/Hi-Lo	Staff	Activity Room 1
	6:30-7:10	★ Hip Hop Funk	LaKisha	Studio
	7:15-7:55	★ Body Sculpt	Jameelah	Studio
THUR	5:45-6:45 AM	Cycling/Boot Camp	Jameelah	Activity Room 2/Studio
	9:10-10:10	★ Cardio Combo	Jameelah	Studio
	10:15-11:15	Zumba	Shaheedah	Studio
	10:20-11:20	★ Senior Chair Aerobics	Danielle	Activity Room 1
	5:05-5:30 PM	★ Abs Only	Jameelah	Studio
	5:40-6:40	Extreme Body Sculpt	Jameelah	Studio
	6:50-7:55	Group Cycling	Darrell	Activity Room 2
	6:50-7:20	★ Pilates/Kickboxing	Jameelah	Studio
	7:20-7:55	★ Stretch and More	Jameelah	Studio
FRI	6:00-6:55 PM	★ Cardio Combo	Altheia	Studio
SAT	9:10-10:40 AM	Step Sculpt Abs	Cedric/Wesley	Studio
	9:10-10:25	Group Cycling	Darrell	Activity Room 2
	10:45-11:30	★ Dance Funk	Wesley	Studio

Any class with a ★ next to it is appropriate for someone new to group exercise or anyone in THE COACH APPROACH ®. For additional information please contact Jameelah, our Aerobics Coordinator, at 404.488.8507 (cell). Note: Schedule and instructors may rotate without prior notice.