

GROUP EXERCISE SCHEDULE FEBRUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 6:10 Cycle—Beth 9am Arthritis Debbie 10am-Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba -Lisa 5:15pm Total Body Blitz-Jeff	3 9am-Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	4 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	5 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	6 6:10 Cycle—Beth 9am—Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am Water Aerobics-Valerie 12pm Zumba-Amanda	10am Zumba– Cynthia
8	9 6:10 Cycle—Beth 9am Arthritis Debbie 10am-Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Blitz-Jeff	10 9am-Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers –Valerie 5:30pm Zumba-Cynthia	11 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	12 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	13 6:10 Cycle—Beth 9am—Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm Zumba-Amanda- Valentine Zumba-wear pink, red and/or white!	10am Zumba- Cynthia 
15	16 6:10 am—Cycle-Beth 9am Arthritis Debbie 10am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba -Lisa 5:15pm Total Body Blitz-Jeff-	17 9am Yoga-Annette 10am Total Body Blitz-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	18 6:10 am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm Pound- Sandra	19 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	20 6:10am Cycle– Beth 9am –Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am-Aqua Zumba--Lisa 12pm Zumba– Amanda	10am Zumba-Cynthia
22	23 6:10 Cycle—Beth 9am Arthritis Debbie 10am Total Body Blitz-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Blitz-Jeff	24 9am NO YOGA 10am Total Body Blitz-Jeff 10am NO WATER ARTHRITIS 11am Water Aerobics-Valerie 1pm-Silver Sneakers– Valerie 5:30pm Zumba-Cynthia	25 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11am Water Aerobics-Dot 5:15pm-Pound-Sandra	26 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	27 6:10am Cycle– Beth 9am –Mat Pilates-Annette 10:15 Chair Yoga– Annette 11am-Aqua Zumba--Lisa 12pm Zumba– Amanda	10am Zumba-Cynthia