

GROUP FITNESS CALENDAR
Fitness for Women, 5828-O Moon Road, Columbus, GA 31909 (706) 569-9333

February-10

www.ACFitnessForWomen.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- CATHY 5:00 PILATES - CATHY 6:00 BODY PUMP - GEORGIA 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - DAWN 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - GEORGIA 7:00 YOGA - CASEY	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 STEP- LAUREN 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - SIKES	9:30 CIRCUIT - LISA 4:30 ZUMBA - MICHELLE 5:30 BODY PUMP - DAWN	9:00 BODYPUMP - GERRI 10:00 STEP - SIKES 11:00 YOGA - DEVINA
7	8	9	10	11	12	13
2:00 ZUMBA - SHANTAY 3:00 ATTACK - CHRISTINE	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- CATHY 5:00 PILATES - CATHY 6:00 BODY PUMP - GEORGIA 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - SIKES 7:00 YOGA - DEVINA	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 SAMPLER - LAUREN 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - LISA 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - LAUREN 6:00 STEP - GEORGIA	9:30 CIRCUIT - KARI 4:30 ZUMBA - MICHELLE 5:30 BODY PUMP - LAUREN	9:00 BODYPUMP - CHRISTY 10:00 BODY ATTACK - DAWN 11:00 YOGA - CASEY
14	15	16	17	18	19	20
2:00 ZUMBA - SHANTAY 3:00 STEP - SIKES	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- CATHY 5:00 PILATES - CATHY 6:00 BODY PUMP - GEORGIA 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - GEORGIA 7:00 YOGA - CASEY	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 STEP- LAUREN 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - SIKES	9:30 CIRCUIT - DAWN 4:30 ZUMBA - MICHELLE 5:30 BODY PUMP - LAUREN	9:00 BODYPUMP - CHRISTY 10:00 STEP - LAUREN 11:00 YOGA - DEVINA
21	22	23	24	25	26	27
2:00 ZUMBA - SHANTAY 3:00 ATTACK - MELISSA	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - CARRIE 10:00 YOGA LATES- CATHY 5:00 PILATES - CATHY 6:00 BODY PUMP - GEORGIA 7:00 ZUMBA - MICHELLE	6:00 BODY ATTACK - MELISSA 9:00 BODY ATTACK - KARI 10:00 BODYPUMP - DAWN 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - LISA 10:00 ZUMBA - MICHELLE 5:00 SAMPLER - LAUREN 6:00 BODY PUMP - SIKES	6:00 STEP - ANNA 9:00 BODYATTACK - KARI 10:00 BODYPUMP - LISA 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - GEORGIA	9:30 CIRCUIT - KARI 4:30 ZUMBA - MICHELLE 5:30 BODY PUMP - LAUREN	9:00 BODYPUMP - CHRISTY 10:00 BODY ATTACK - CHRISTINE 11:00 YOGA - CASEY
28						
2:00 ZUMBA - SHANTAY 3:00 STEP - LAUREN						

CLASSES SUBJECT TO CHANGE

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