

FEBRUARY 2025



Whatever your goal, we can make it happen.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Launch shirt order ends Feb. 3rd. theworkoutco.itemorder.com</p> <p>NON-MEMBERS ENCOURAGED TO COME IN FOR A FREE MORNING OF LOTS OF FUN!</p>				
<p>Class Type BP-BODYPUMP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SHRED - HIIT TONE SS-SILVER SNEAKERS</p> <p>LES MILLS BODYATTACK</p> <p>LES MILLS BODYPUMP</p> <p>LES MILLS BODYCOMBAT</p> <p>LES MILLS BODYFLOW</p> <p>LES MILLS VIRTUAL</p> <p>SilverSneakers</p>	<p>3</p> <p>5am BP Brandy 8:30 BP Trenda 10 SS Patti 4:30 BF Dee 5:30 BP Brandi</p>	<p>4</p> <p>5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda</p>	<p>5</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz</p>	<p>6</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>7</p> <p>5am BA Kristy 8:30 Functional strength Trenda 10am SS Mimi</p>	<p>8</p> <p>MARDI GRAS Launch 8am</p>
	<p>10</p> <p>5am BP Brandy 8:30 BP Trenda 10 SS Patti 4:30 BF Dee 5:30 BP Brandi</p>	<p>11</p> <p>5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda</p>	<p>12</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz</p>	<p>13</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>14</p> <p>5am BA Kristy 8:30 Tone Kelli 10am SS Mimi</p>	<p>15</p> <p>Kelli Pop up</p>
	<p>17</p> <p>5am BP Brandy 8:30 BP Trenda 10 SS Patti 4:30 BF Dee 5:30 BP Brandi</p>	<p>18</p> <p>5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda</p>	<p>19</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz</p>	<p>20</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>21</p> <p>5am BA Kristy 8:30 Tone Kelli 10am SS Mimi</p>	<p>22</p> <p>Stacie Combat</p>
	<p>24</p> <p>5am BP Brandy 8:30 BP Trenda 10 SS Patti 4:30 BF Dee 5:30 BP Brandi</p>	<p>25</p> <p>5am BC Stacie 8:30 BA Kelli 5:30 Shred Trenda</p>	<p>26</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Dee 5:30 BP Liz</p>	<p>27</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>28</p> <p>5am BA Kristy 8:30 Tone Kelli 10am SS Mimi</p>	