

FEBRUARY

AEROBIC SCHEDULE



FITNESS CENTER

at Sandestin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2		1	2
<p>All classes are subject to a fee for non-members. All classes are subject to first come first serve basis. Please see a Fitness Culb attendant for details. * indicates that the class is 30 minutes **indicates a sign up form at front desk</p>					7:15am Kettle Bell** 8:30am Yoga with Props (Studio A) 8:30am Cardio Dance 9:30am Zumba Gold 10:30am Gentle Yoga	
3	4	5	6	7	8	9
7am Pilates 7am Bosu** 8:30am Body Shape 9:30am Zumba 10:30am Fusion 12pm SYRIO Full Body Toning 5:30 Cardio Kickboxing	7am Total Body Circuit* 8:15am Step 9am Functional Fitness 9am Cycle 10am Tap for Fun & Fitness 10:30am Traditional Flow Yoga 11am Gentle Yoga 12pm Chair Yoga 5:30pm ELDOA **	7:15am Kettle Bell** 8:30am Body Shape 9:30am Zumba 9:30am Tai Chi 10:30am Fusion 11am ELDOA ** 5:30pm Cardio Strength	8:30am Cardio Kickboxing 9:15am On the Ball 10:15am ELDOA ** 5:30pm Bucket List Tap 7pm SYRIO Full Body Toning	7am Pilates 8am Step 8:30am Body Shape 9:30am Zumba Tone 10:30am Athletic Yoga	7:15am Kettle Bell** 8:30am Yoga with Props (Studio A) 8:30am Cardio Dance 9:30am Zumba Gold 10:30am Gentle Yoga	
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
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24	25	26	27	28		
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