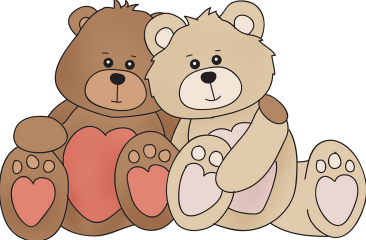


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2026 - Fitness Schedule						
1	2	3	4	5	6	7
	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol Groundhog Day	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
8	9	10	11	12	13	14
	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation Valentine's Day
15	16	17	18	19	20	21
	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol Presidents' Day (U.S.)	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie Mardi Gras Chinese New Year (Year of the Horse)	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
22	23	24	25	26	27	28
	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 11:30am Line Dance (Ent. Rm) 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation