

FEBRUARY

Group Exercise Schedule

Hillwood Country Club Fitness Center

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am <u>SPIN</u> JAMIE	7:00 am <u>YOGA</u> KATIE	5:45 am <u>SPIN</u> JAMIE	7:00 am <u>YOGA</u> KATIE	5:45 am <u>SPIN</u> JAMIE	8:30 am <u>SPIN</u> JIMMY
6:00 am <u>BOOT CAMP</u> AMY	8:30 am <u>STRENGTH</u> <u>INTERVALS</u> MISSY	6:00 am <u>BOOT CAMP</u> AMY	8:30 am <u>STRENGTH</u> <u>INTERVALS</u> MISSY	6:00 am <u>BOOT CAMP</u> AMY	9:30 am <u>CARDIO &</u> <u>STRENGTH</u> <u>FUSION</u> LANIE
8:30 am <u>BOOTCAMP</u> MACY	10:30 am <u>STRETCH &</u> <u>RECOVERY</u> MARY	7:30 am <u>SPIN</u> MISSY	11:30 am <u>STRETCH &</u> <u>RECOVERY</u> MARY	8:00 am <u>SPIN</u> JIMMY	10:30 am <u>YOGA</u> HAYDEN
9:30 am <u>ZUMBA</u> JAVIN		8:30 am <u>BOOTCAMP</u> MACY	5:00 pm <u>PILATES</u> <u>FOR GOLF</u> SHELLY	9:30 am <u>ZUMBA</u> JAVIN	
5:00 pm <u>PILATES</u> <u>FOR GOLF</u> SHELLY		9:30 am <u>ZUMBA</u> JAVIN		10:30 am <u>STRETCH &</u> <u>RECOVERY</u> MARY	

EACH CLASS IS FIRST COME, FIRST SERVE AND IS SUBJECT TO MAXIMUM ENROLLMENT. ONCE A CLASS IS FILED, IT IS CLOSED.

MEMBERS MAY ENTER A CLASS UP TO 10 MINUTES AFTER THE START TIME, AFTER WHICH THE CLASS IS CLOSED