

FEBRUARY

AEROBIC SCHEDULE



FITNESS CENTER

at Sandestin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 7am Pilates 8am Step 8:30am Body Shape 9:30am Zumba Tone 10:30am Mixed Flow Yoga	2 7:15am Kettle Bell** 8:30am Trad. Flow Yoga (Studio A) 8:30am Cardio Dance 9:30am Zumba Gold 10:30am Gentle Yoga	3
4 7am Pilates 7am Bosu** 8:30am Body Shape 9:30am Cardio Dance 10:30am Fusion 12pm Syrio Upper Body 5:30 Cardio Kickboxing	5 7am Total Body Circuit* 8:15am Step 9am Functional Fitness 10am Tap 10:30am Athletic Yoga 11am Gentle Yoga 12pm Chair Yoga 5:30pm Cycle 6:15pm Athletic Yoga*	6 7:15am Kettle Bell** 7:45am Cycle* 8:30am Body Shape 9:30am Zumba 9:30am Tai Chi 10:30am Fusion 5:30pm Cardio Strength 7pm Whole Body Toning	7 7am Upper Body Circuit* 8:30am Step 9:15am On the Ball 5:30pm Bucket List Tap	8 7am Pilates 8am Step 8:30am Body Shape 9:30am Zumba Tone 10:30am Mixed Flow Yoga	9 7:15am Kettle Bell** 8:30am Trad. Flow Yoga (Studio A) 8:30am Cardio Dance 9:30am Zumba Gold 10:30am Gentle Yoga	10
11 7am Pilates 7am Bosu** 8am Step 8:30am Body Shape 9:30am Zumba 10:30am Fusion 12pm Syrio Upper Body 5:30 Cardio Kickboxing	12 7am Total Body Circuit* 8:15am Step 9am Functional Fitness 10am Tap 10:30am Athletic Yoga 11am Gentle Yoga 12pm Chair Yoga 5:30pm Cycle 6:15pm Athletic Yoga*	13 7:15am Kettle Bell** 7:45am Cycle* 8:30am Body Shape 9:30am Zumba Tone 9:30am Tai Chi 10:30am Fusion 5:30pm Cardio Strength 7pm Whole Body Toning	14 7am Upper Body Circuit* 5:30pm Bucket List Tap	15 7am Pilates 8am Step 8:30am Body Shape 9:30am Zumba 10:30am Mixed Flow Yoga	16 7:15am Kettle Bell** 8:30am Trad. Flow Yoga (Studio A) 8:30am Cardio Dance 9:30am Zumba Gold 10:30am Gentle Yoga	17
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25 7am Pilates 7am Bosu** 8am Step 8:30am Body Shape 9:30am Zumba 10:30am Fusion 12pm Syrio Upper Body 5:30 Cardio Kickboxing	26 7am Total Body Circuit* 8:15am Step 9am Functional Fitness 10am Tap 10:30am Athletic Yoga 11am Gentle Yoga 12pm Chair Yoga 5:30pm Cycle 6:15pm Athletic Yoga*	27 7:15am Kettle Bell** 7:45am Cycle* 8:30am Body Shape 9:30am Zumba 9:30am Tai Chi 10:30am Fusion 5:30pm Cardio Strength 7pm Whole Body Toning	28 7am Upper Body Circuit* 8:30am Step 9:15am On the Ball 5:30pm Bucket List Tap			

All classes are subject to a fee for non-members.
Please see a Fitness Culb attendant for details.
* indicates that the class is 30 minutes
**indicates a sign up form at front desk