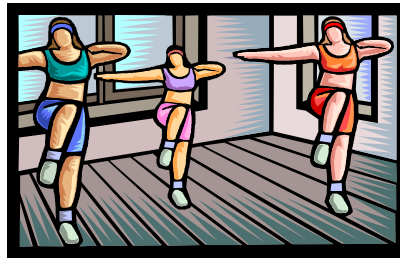
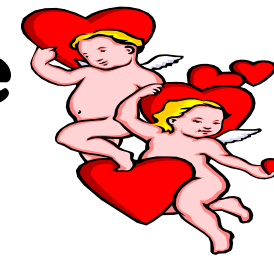


SC—Sherry Criswell  
 MD—Marlene Davis  
 RI—Robert Ikner  
 MP—Margaret Perine  
 RS—Ronda Skanes  
 TS—Trina Stearns  
 DS—Debbie Sullivan



# Evening Schedule February 2012



## HOURS OF OPERATION

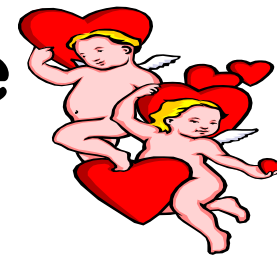
**Mon—Thurs 5 am—8 pm**  
**Friday 5 am—7 pm**  
**Saturday 8 am—12 pm**  
**Sunday 1 pm—4 pm**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Baby Sitting Hours</b> <b>Morning</b> <b>M-W-F 8:00—10:30</b> <b>Evening</b> <b>M-T-W-T 4:00—7:00</b>			<b>1</b> 4:30 pm Boot Camp—RI 5:30 pm Boot Camp—RI	<b>2</b> 4:00 pm Exercise Class— MD 5:30 pm Zumba—MP & DS 6:30 pm Line Dancing—RS	<b>3</b> 4:00 pm Boot Camp—TS	<b>February is Healthy Heart Month</b>
<b>5</b>	<b>6</b> 4:00 pm Body Sculpting— TS 5:30 pm Boot Camp—RI	<b>7</b> 4:00 pm Abs & Stretch— RI 5:30 pm Zumba— MP & DS	<b>8</b> 4:30 pm Boot Camp—RI 5:30 pm Boot Camp—RI	<b>9</b> 4:00 pm Exercise Class— MD 5:30 pm Zumba—MP & DS 6:30 pm Line Dancing—RS	<b>10</b> 4:00 pm Boot Camp—SC	
<b>12</b> 	<b>13</b> 4:00 pm Body Sculpting— TS 5:30 pm Boot Camp—RI	<b>14</b> <b>Valentine's Day</b> 4:00 pm Abs & Stretch— RI 5:30 pm Zumba— MP & DS	<b>15</b> 4:30 pm Boot Camp—RI 5:30 pm Boot Camp—RI	<b>16</b> 4:00 pm Exercise Class— MD 5:30 pm Zumba—MP & DS 6:30 pm Line Dancing—RS	<b>17</b> 4:00 pm Boot Camp—TS	
<b>19</b>	<b>20</b> 4:00 pm Body Sculpting— TS 5:30 pm Boot Camp—RI	<b>21</b> 4:00 pm Abs & Stretch— RI 5:30 pm Zumba— MP & DS	<b>22</b> 4:30 pm Boot Camp—RI 5:30 pm Boot Camp—RI	<b>23</b> 4:00 pm Exercise Class— MD 5:30 pm Zumba—MP & DS 6:30 pm Line Dancing—RS	<b>24</b> 4:00 pm Boot Camp—SC	
<b>26</b> <b>MOVE IT OR LOSE IT!</b>	<b>27</b> 4:00 pm Body Sculpting— TS 5:30 pm Boot Camp—RI	<b>28</b> 4:00 pm Abs & Stretch— RI 5:30 pm Zumba— MP & DS	<b>29</b> 4:30 pm Boot Camp—RI 5:30 pm Boot Camp—RI	<b>EXERCISE</b> <b>AN EFFECTIVE WAY TO IMPROVE AND MAINTAIN YOUR HEALTH</b>		

JB—Jennifer Bradford  
 MD—Marlene Davis  
 GH—Gretchen Heathcock  
 HS—Helen Sanborn

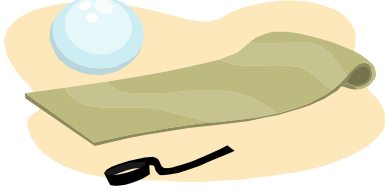



# Morning Schedule February 2012



## HOURS OF OPERATION

**Mon—Thurs 5 am—8 pm**  
**Friday 5 am—7 pm**  
**Saturday 8 am—12 pm**  
**Sunday 1 pm—4 pm**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Baby Sitting Hours</b>  <b>Morning</b>  <b>M-W-F 8:00—10:30</b>  <b>Evening</b>  <b>M-T-W-T 4:00—7:00</b></p> 			<p>1            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>2            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>3            9:00 am Basic Moves I— MD            10:00 am Basic Moves—GH</p>	<b>February is Healthy Heart Month</b>
5	<p>6            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>7            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>8            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>9            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>10            9:00 am Basic Moves I— MD            10:00 am Basic Moves—GH</p>	
<p>12</p> 	<p>13            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>14 <b>Valentine's Day</b>            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>15            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>16            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>17            9:00 am Basic Moves I— MD            10:00 am Basic Moves—GH</p>	
19	<p>20            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>21            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>22            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>23            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>24            9:00 am Basic Moves I— MD            10:00 am Basic Moves—GH</p>	
<p>26 <b>MOVE IT OR LOSE IT!</b></p>	<p>27            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p>28            9:00 am Boot Camp—JB            10:15 am SilverSneaker</p>	<p>29            8:00 am Basic Moves I— HS            9:00 am Basic Moves—MD</p>	<p><b>EXERCISE</b>            AN EFFECTIVE WAY TO IMPROVE AND MAINTAIN YOUR HEALTH</p>	