

# ***Gearhart Workout* Group Fitness Schedule**

## **February 2012**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
7am Cycle 45 min. Roz Mod/Challenge <b>NO Class Feb.6</b>	7am Circuit 60 min. Cardio/Strength w/ Roz Mild/Mod/Challenge	7am Cycle 45 min. Roz Mod/Challenge	7:05am *FEE Kettlebell Circuit	7:15am Cycle 30 min. Roz Mild/Mod/Challenge <b>SPECIAL 1 HOUR RIDE February 10th Reserve a spot starting at 6:30am Wed. Feb.8</b>	<b>Reserve a spot for the Sat. cycle class Friday 7am-1pm &amp; For all evening cycle the day of beginning at 7am</b>
<b>February 6 OPEN 8am-12pm</b>				8:45am *FEE <b>New Time!</b> Kettlebell w/Roz Must complete KBWS	7:30am Cycle 60 min. Roz Challenge (make a rez!) <b>No class Feb. 11</b>
8:45am Pyramids 30 min. Roz <b>NO class Feb.6</b>		8:45am Total Body Workout 60 min. Roz Moderate/Challenge	8:45am Cycle 45 min. Roz Mod/Challenge		9am Yoga Basics 70 min. Roz Mild/Moderate <b>No class Feb. 11</b>
10am Stay fit Forever 60 min.. Kimberly Mild/Moderate		10am Stay fit Forever 60 min. Roz Mild/Moderate		10am Stay fit Stretch 45 min. Roz Mild/Moderate	10:30am 45min. <b>Cycle &amp; BodyWork (make a rez!) No class Feb.11</b>
4:30pm *FEE Kettlebell Roz Must complete KBWS	4:15pm Yoga Basics 60 min. Roz Mild/Moderate	4:30pm *FEE Kettlebell Roz Must complete KBWS			<b>NO classes Feb. 11th Studio OPEN 8am-12pm</b>
5:45pm Cycle <b>Candlelight Ride!</b> 45 min. Roz Mod/Challenge	5:30pm 45 min. Roz Cycle & BodyWork Mod/Challenge	5:45pm 60 min. Cycle & Abs w/Roz Mod/Challenge	5:30pm 45 min Roz Cycle & BodyWork Mod/Challenge		

Bring— water and towel. NO cell phones 'ON' during classes. NO beach shoes (no sand please).  
NO perfumes or strong scented lotions.

Notify instructor of any limitations or health considerations you may have.