



# GROUP EXERCISE FEBRUARY 2024

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Welcome Back Group Exercise</b> <b>Instructor</b> <b>MaryBeth Beard</b>			6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	1 6:00 PS JENNY 9:00 SDF NANCY 11:15 SS DIXIE 4:15 PS JR	2 8:00 C KEITH(gym) 9:00 Z RENA 10:00 B&B KEITH
4	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS NANCY 5:30 S&S STACEY 6:30 KO JENNY	5 6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF MISSY 5:30 Y DANIELLE (up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH (gym)	6 6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS ASHLEY 5:30 B&B KEITH	7 6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	8 6:00 PS STACEY 9:00 SDF NANCY 11:15 SS MISSY 4:15 PS ASHLEY	9 8:00 C SUZANNE(gym) 9:00 SDF RANDI 10:00 B&B JR
11	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO JENNY	12 6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF RANDI 5:30 Y DANIELLE 5:30 W/ST FRANK 6:30 SDF MISSY 6:30 C BETH F (gym)	13 6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY SS "Valentine Party" 4:15 PS ASHLEY 5:30 B&B KEITH <b>Happy Valentine's Day</b>	14 6:00 Y BETH F 9:00 PS NANCY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	15 6:00 PS BETH F 9:00 SDF NANCY 11:15 SS DIXIE 4:15 PS KEITH	16 8:00 C JENNY(gym) 9:00 SDF MISSY 10:00 B&B JENNY
18	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS MISSY 4:15 PS STACEY 5:30 S&S NANCY 6:30 KO BETH F	19 6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH(gym)	20 6:00 HCC BETH F(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS ASHLEY 5:30 B&B JR	21 6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	22 6:00 PS JENNY 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS ASHLEY	23 8:00 C SUZANNE(gym) 9:00 SDF BETH H 10:00 B&B BETH F
25	6:00 HIIT SAMANTHA 9:00 PS ASHLEY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO KEITH	26 6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF NANCY 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH F(gym)	27 6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G DIXIE 11:15 SS DIXIE 4:15 PS NANCY 5:30 B&B JENNY			
<b>If you have any suggestions or questions about our classes</b> <b>Please contact Nancy Walker</b> <b>Thank you for supporting group exercise</b>	<b>Notice</b> <b>Mon, Wed, Fri Power Sculpt 4:15pm</b> <b>Tue, Thu SHiNE Class 4:30pm</b>	<b>We monitor attendance in all classes.</b> <b>If any particular class has consistently low attendance , that class runs the risk of being canceled.</b>	<b>PH&amp;FC offers Over 50 Group Exercise Classes a week (Including Aqua)</b> <b>We have a class just right for YOU!</b>	<b>Please note:</b> <b>Instructors are subject to change on short notice.</b>	<b>WE LOVE HAVING "YOU" IN CLASS!</b>	

CLASS KEY: (For class descriptions, please see reverse side)

BLD: Beginning Line Dancing

B&B Box & Burn

C: Cycle

GY:Gentle Yoga

HCC: Hard Core Cycle

HIIT:High Intensity Interval

LD: Line Dancing

M&G: Move & Groove

PS: Power Sculpt

S&S: Step & Sculpt

SF: SHINE DANCE FITNESS™

SS: SilverSneakers Classic

W/S: War/Strength

Y: Yoga

Z: Zumba