

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				01 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	02 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	03 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
04	05 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	06 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30PM HIIT	07 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	08 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	09 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	10 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
11	12 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	13 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30PM HIIT	14 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	15 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	16 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	17 8:00 AM SUNRISE STRETCH 9:00 AM HIIT 10:30 AM YIN YOGA
18	19 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	20 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30PM HIIT	21 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	22 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30 PM HIIT	23 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 11:00 AM HIIT	24 8:00 AM SUNRISE STRETCH 9:00 AM YIN YOGA 10:30 AM HIIT
25	26 7:00 AM SUNRISE STRETCH 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA	27 7:00 AM TRX 8:00 AM SUNRISE STRETCH 9:00 AM PILATES 10:15 AM INTRO TO TRX 11:30 AM RESISTANCE CIRCUIT TRAINING 6:30PM HIIT	28 8:00 AM SUNRISE STRETCH 9:00 AM TRX 10:15 AM PILATES 11:30 AM STRONG STABILITY 5:45 PM VINYASA YOGA			



2018

HEALTH CLUB

PLEASE ARRIVE 10 MINUTES EARLY FOR EACH CLASS.

WE ARE GOING PAPERLESS!

TRX CLASSES ARE LIMITED TO 6 PEOPLE.

CLASSES ARE SUBJECT TO CHANGE.

GO TO WWW.SEMIAHMOO.COM TO VIEW FITNESS CLASSES.

