


February 2020 FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>YO FIT New time 8:30 - 9:30 am Kelly L Dec 2, 9, 16 New time 8:30-9:30 am</p>  <p>No class Feb 3 & Feb 17</p>	<p>TAI CHI 8:30 –10:00am Josie & Maggie <u>Not part of Membership</u></p> 		<p>TAI CHI 8:30 –10:00am Josie & Maggie <u>Not part of Membership</u></p>	<p>YO-FIT 9:15-10:15am Glenda S</p> 	<p>Circuit KICKBOX 11:15– 12:30 pm Christine CP No Class Feb 15</p>
<p>STROLLER FIT 10:30—11:30 am Christine CP. <u>Not part of Membership</u> Drop-ins \$8 No class Feb 17</p>			<p>BOOT CAMP 12:10– 1:00 pm Christine CP \$3</p>	<p>STROLLER FIT 10:30—11:30 am Christine CP <u>Not part of Membership</u> Drop-ins \$8</p>	
<p>CARDIO KICKBOXING Christine CP. 7:00–8:00 pm No class Feb 17</p> 		<p>All classes are cancelled on statutory holidays NVRC Membership DROP IN FEES: Adult \$6.65 Student/Senior \$5.00 Youth 13-18 yrs \$3.30</p>			
Class Name	Description				
Cardio Kickbox	A combination class of martial arts-inspired kicking and boxing with upbeat music for a high-energy workout.				
Bootcamp	An instructor-led conditioning circuit combining strength, cardio, agility, balance and endurance with a variety of boxing moves				
Full Body Blast	A fast pace, high intensity workout alternating between weights, cardio and core, keep heart rate high to maximize calorie expenditure!.				
Tai Chi	These classes are suitable for both Adults and Seniors. If you have no experience at all Tai Chi or Qigong or if you already practicing this is the class to join.				
Yo Stretch Fit	Features strength, cardio conditioning and flexibility components using yoga-like poses and stretches				
<p>ZUMBA It uses a variety of styles in its routines, including Cambia, Meringue, Salsa, African, Reggae, flamenco, Funk and Belly-dance.</p>			<p>STROLLER FIT This is a specialty fitness class for moms to get back into shape, and meet other mothers while interacting with your baby. Monday class is circuit and Friday class is cardio. Bring your babies and strollers.</p>		