

Carmel Baptist Fitness Class Calendar – February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Join us in Worship 8:00, 9:30 or 11:00	2 8:15 Pilates-Eva 9:15 Cardio Strength-Andrea 10:15 Beg/Intermediate Total Strength and Core-Andrea	3 9:15 Total Strength-Andrea	4 8:15 Pilates-Eva 9:15 Step/Sculpt-Maria H. 10:15 Beg/Intermediate Cardio Sculpt-Maria H.	5 9:15 Tabata-Tracie	6 8:15 Yoga-Eva 9:15 Circuit Training-Tracie 10:15 Beg/Intermediate Sculpt-Maria	7
8 Join us in Worship 8:00, 9:30 or 11:00	9 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	10 9:15 Total Strength-Andrea	11 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	12 9:15 Tabata-Andrea	13 8:15 Yoga-Eva 9:15 Circuit Training-Tracie 10:15 Beg/Intermediate Sculpt-Maria	14
15 Join us in Worship 8:00, 9:30 or 11:00	16 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	17 9:15 Total Strength-Andrea	18 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	19 9:15 Tabata-Andrea	20 8:15 Yoga-Eva 9:15 Circuit Training-Tracie 10:15 Beg/Intermediate Sculpt-Jenny	21
22 Join us in Worship 8:00, 9:30 or 11:00	23 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	24 9:15 Total Strength-Andrea	25 8:15 Pilates-Eva 9:15 Cardio Dance /Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	26 9:15 Tabata-Andrea	27 8:15 Yoga-Eva 9:15 Circuit Training-Tracie 10:15 Beg/Intermediate Sculpt-Maria	28