

# FEBRUARY FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM Yoga w/Kathy O	7:00 AM <b>Cardio Strength &amp; Beaming</b> w/David 1-1/2 hr. class	7:30 AM Yoga/Pilates Fusion w/Kathy O	7:00 AM Low Impact & Sculpt w/David 1 hr class	*7:30 AM <b>Spin Class</b> w/Kathy O <i>Intermediate</i> (50 minutes)	7:00 AM Spin Circuit w/David 1-1/2 hr. class	*8:30 AM <b>Weekend Warrior</b> Spin Class w/Tony
10:15 AM Aqua Mania w/Kathy O	*9:00 AM <b>Mind Body Stretch</b> w/Scott Cole	9:00 AM <b>Burn &amp; Firm</b> w/Kathy O	8:00 AM <b>Mind/Body/Beaming</b> w/David	9:00 AM <b>Cardio Kick Box</b> w/Kathy O	*9:00 AM <b>Total Body</b> w/Kathy S	10:15 AM Aqua Mania w/Daniel
*12:00 PM <b>SAS Class</b> w/Kathy O Spin/Abs/Stretch Combo	10:15 AM Aqua Fitness w/Kathy S	10:15 AM Splish Splash w/Daniel	*9:00 AM <b>Total Body</b> w/Kathy S	10:00 AM <b>Core &amp; More</b> w/Kathy O (30 minutes)	*10:15 AM <b>Shape Shifters</b> w/Daniel	
	*10:30 AM <b>Spin Mania</b> w/Tony (50 min Class)	*10:30 AM <b>Endurance Spin Class</b> w/Kathy O <i>Intermediate</i> (50 minutes)	*10:15 AM <b>Spin</b> w/Kathy O	10:15 AM Splish Splash w/Daniel	10:15 AM Aqua Fitness w/Kathy S	
	4:30 PM <b>Power Yoga</b> w/John	4:30 PM <b>Pilates</b> w/Susan S	10:15 AM Aqua Fitness w/Kathy S	10:30 AM <b>Belly Dance Fusion</b> w/Virginia	4:00 PM <b>Strength &amp; Stretch</b> w/Daniel	
	*5:30 PM <b>Disco Dojo</b> w/Scott Cole	*6:00 PM <b>Yoga /Tai Chi</b> w/Scott Cole	4:00 PM <b>Yoga</b> w/John	11:30 AM <b>Beam Fit</b> w/Kathy O		
			*5:30 PM <b>Spin Mania</b> w/Tony <i>Intermediate</i>	4:30 PM <b>Gentle Yoga</b> w/John		



**SPA RESORT CASINO**  
DOWNTOWN PALM SPRINGS

**HIRE A PERSONAL TRAINER TODAY CALL: 760-778-1540**

\*Advance signup required. Sign in sheet available 30 minutes prior to start of class.

*All Classes subject to change*