

Register for packages and classes on our website by clicking the **Class Sign Up** button on our Home Page:

<https://thewomensfitnessconnectionllc.com/>

February Schedule/Group Fitness
*Must pay instructor directly

Day	Class	Instructor	Time	Duration	Equipment
Monday	Stretch and Balance	Rachel M.	8:00 AM	45 minutes	Mat, small ball, Pilates ring or light weights
Monday	TBC	Susanne or Rachel H	9:00 AM	60 minutes	Weights, resistance tubing, gliders, weighted bars, stability ball, mat
Monday	Zumba	Karen	4:45 PM	45 minutes	N/A
Monday	Combat Arms, Butts & Abs	Karen	5:30 PM	30 minutes	Weights, mat
Monday	TBC	Trisha	6:15 PM	45 minutes	Weights, mat
Tuesday	Yoga	Yvonne	8:00 AM	60 minutes	Mat, blocks
Tuesday	Zumba	Rachel H	9:00 AM	60 minutes	N/A
Tuesday	Barre Above	Chris	4:30 PM	45 minutes	Mat, small ball, light weights
Tuesday	Chisel-ates	Karen	5:30 PM	45 minutes	Weights, resistance tubing, gliders, weighted bars, mat
Wednesday	Barre	Yvonne	8:00 AM	60 minutes	Mat, light weights, small ball
Wednesday	Cardio Fusion	Ann	9:00 AM	60 minutes	Light weights, mat
Wednesday	Band and Strength	Chris	4:30 PM	60 minutes	Weights, ball, stretch band
Wednesday	*HIIT	Jen	5:30 PM	40 minutes	\$5 Drop In Fee paid to Jen Burke. Weights, mat
Wednesday	Gentle Yoga	Patricia	6:30 PM	60 minutes	Mat, blocks
Thursday	Stretch Fusion	Susanne	8:00 AM	45 minutes	Mat, strap, small ball, blocks
Thursday	Zumba	Rachel H	9:00 AM	45 minutes	N/A
Thursday	TBC	Trisha	5:45 PM	45 minutes	Weights, mat
Friday	Stretch and Balance Pilates	Rachel M. Karen (2/25)	8:00 AM	45 minutes	Mat, small ball, Pilates ring or light weights
Friday	TBC	Susanne	9:00 AM	60 minutes	Weights, resistance tubing, gliders, weighted bars, stability ball, mat
Friday	Cardio Fusion	Rachel	10:00 AM	45 minutes	Light weights, mat
Friday	Freestyle Friday	Trisha	5:45 PM	45 minutes	
Saturday	Step	Yvonne	8:00 AM	45 minutes	Reserve a step platform
Saturday	Barre Above	Chris	9:00 AM	45 minutes	Mat, small ball, light weights
Saturday	Band and Strength	Chris	9:45 AM	45 minutes	Weights, ball, stretch band
Saturday	Zumba	Karen	10:30 AM	45 minutes	N/A
Saturday	Pilates	Karen	11:15 AM	45 minutes	Mat, small ball, Pilates ring or light weights
Sunday	TBC	Trisha	8:00 AM	45 minutes	Mat, weights
Sunday	Pilates	Karen	9:00 AM	60 minutes	Mat, small ball, Pilates ring or light weights
Sunday	*Zumba	Holly & Michelle	10:00 AM	60 minutes	Must pay Holly & Michelle directly. \$5 drop in/\$3 for TWFC members.