

February 2026 Cutting Edge Fitness

Share the Love '26: Join us all week 2/9-2/14, donate to the cause

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lower Body Shred 9am Cycle & Abs 5:30pm	3 Senior Fit 10am Tone-Tastic 5:30 Yoga 6pm	4 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	5 Yoga & Sculpt 9am Senior Fit 10am Cardio Kickboxing 5:30pm	6 Yoga 10:30am	7 Cycle & Abs 7am *Dynamic Strength 8am
STL WEEK 9 Lower Body Shred 9am Cycle & Abs 5:30pm	STL WEEK 10 Senior Fit 10am Yoga 6pm	STL WEEK 11 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	STL WEEK 12 Yoga & Sculpt 9am Senior Fit 10am Line Dancing 5:30pm	STL WEEK 13 Equipment 101 9am Yoga 10:30am	STL WEEK 14 Happy Valentine's Day!
16 Presidents Day! Office closed, No Classes, No Kids Club	17 Senior Fit 10am Tone-Tastic 5:30 Yoga 6pm	18 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	19 Yoga & Sculpt 9am Senior Fit 10am Cardio Kickboxing 5:30pm	20 Mommy and Me 9am Yoga 10:30am	21 Cycle & Abs 7am *Dynamic Strength 8am
23 Lower Body Shred 9am Cycle & Abs 5:30pm	24 Senior Fit 10am Yoga 6pm	25 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	26 Yoga & Sculpt 9am Senior Fit 10am Line Dancing 5:30pm	27 Yoga 10:30am	28 Cycle & Abs 7am *Dynamic Strength 8am
<u>Office Hours</u> Monday – Thursday 10:30am to 6:30pm Friday 10:30am to 3:30pm	<u>Kids Club Hours</u> Monday – Thursday 9:00am to 10:30am 5:30pm to 7:00pm *Fee Class	H A P P Y Valentine's Day			