

































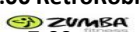












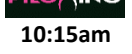



Hazleton YWCA Group Exercise Schedule February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Boot Camp class Wednesday & Thursday will be held in the downstairs fitness room</i></p>					<p>1  9:00am  10:15am 7:00 Boot Camp</p>	<p>2 9:00 Total Body Conditioning  10:00am</p>
3	<p>4 9:40 Cycle  10:15  5:00pm 6:00 Tabata 8:00 Boot Camp</p>	<p>5 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>6 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>7 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>8  9:00am  10:15am 7:00 Boot Camp</p>	<p>9 9:00 Total Body Conditioning  10:00am</p>
10	<p>11  10:15am  5:00pm 6:00 Strong By Zumba 8:00 Boot Camp</p>	<p>12 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>13 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>14 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>15  9:00am  10:15am 7:00 Boot Camp</p>	<p>16 9:00 Total Body Conditioning  10:00am</p>
17	<p>18  10:15am  5:00pm 6:00 R.I.P.P.E.D. 8:00 Boot Camp</p>	<p>19 9:40 Cycle 10:15 To be announced  5:30pm  6:30pm</p>	<p>20 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>21 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>22  9:00am  10:15am 7:00 Boot Camp</p>	<p>23 9:00 Total Body Conditioning  10:00am</p>
24	<p>25 9:40 Cycle  10:15am  5:00pm 6:00 Piloxing Knockout 8:00 Boot Camp</p>	<p>26 9:40 Cycle 10:15 To be announced  5:30pm  6:30pm</p>	<p>27 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>28 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>		