



**george brown sports club**  
**\*February Palm Aerobic Schedules\***

**Monday**

**Cycle**  
 5:30-6:30 AM - Cynde  
**Cycle**  
 8:00-9:00 AM - Kathleen  
**Cycle**  
 9:00-10:00 AM - Kathleen  
**Kickbox Circuit**  
 9:00-10:00 AM - Cynde  
**Body Sculpt**  
 10:00-11:00 AM - Cynde  
**Cycle**  
 4:30-5:30 PM - Lori  
**Cycle**  
 5:30- 6:30 PM - Lisa  
**Body Condition**  
 5:45-6:30 PM - Alma  
**Boot Camp**  
 6:30-7:30 PM - Alma  
**Cycle**  
 6:30-7:30 PM - Michele  
**Zumba**  
 7:30-8:30 PM - April

**Tuesday**

**Cycle**  
 5:30-6:30 AM - Julie  
**Body Conditioning**  
 5:30-6:30 AM - Cynde  
**Sports Step Circuit**  
 9:00-10:00 AM - Amy  
**Cycle**  
 9:00-10:00 AM - Kelly  
**Power Pilates**  
 10:00-10:45 AM - Amy  
**Zumba**  
 10:50-11:50 AM - Stephanie  
**Yoga**  
 12:00-1:00 PM - Ally  
**Pilates w/ Ball**  
 4:30-5:30 PM - Karen  
**Cycle**  
 5:30-6:30 PM - Karen  
**Cardio Kickboxing**  
 5:30-6:30 PM - Amanda  
**Cycle**  
 6:30-7:30 PM - Ashley  
**Extreme Plyometrics**  
 6:30-7:30 PM - Bree  
**Yoga**  
 7:30-8:30 PM - Kelly  
**Zumba**  
 8:30-9:30 PM - Jennifer P.

**Wednesday**

**Cycle**  
 5:30-6:30 AM - Shaylyn/Jacinda  
**Cycle**  
 8:00-9:00 AM - Shaylyn  
**Body Sculpt**  
 9:00-10:00 AM - Shaylyn  
**Cycle**  
 9:00-10:00 AM - Kathleen  
**Ripped**  
 10:00-11:00 AM - Shaylyn  
**Cycle**  
 4:30-5:30 PM - Mishelle  
**Cycle**  
 5:30-6:30 PM - Kelly  
**Body Condition**  
 5:45-6:30 PM - Alma  
**Boot Camp**  
 6:30-7:30 PM - Alma  
**Cycle**  
 6:30-7:30 PM - Michele  
**Zumba**  
 7:30-8:30 PM - Crystal

**Thursday**

**Cycle**  
 5:30-6:30 AM - Julie  
**Body Conditioning**  
 5:30-6:30 AM - Cynde  
**Sport Step Circuit**  
 9:00-10:00 AM - Amy  
**Cycle/Abs**  
 9:00-10:15 AM - Mika  
**Power Pilates**  
 10:00-10:45 AM - Amy  
**Zumba**  
 10:50-11:50 AM - Stephanie  
**Yoga**  
 12:00-1:00 PM - Ally  
**Pilates**  
 4:30-5:30 PM - Karen  
**Cycle**  
 5:30-6:30 PM - Karen  
**Cardio Kickboxing**  
 5:30-6:30 PM - Alma  
**Cycle**  
 6:30-7:30 PM - Ashley D.  
**Extreme Plyometrics**  
 6:30-7:30 PM - Bree  
**Yoga**  
 7:30-8:30 PM - Kelly  
**Zumba**  
 8:30-9:30 PM - Jennifer P.

**Friday**

**Cycle**  
 5:30-6:30 AM - Peter  
**Cycle**  
 8:00-9:00 AM - Kelly  
**Zumba**  
 9:00-10:00 AM - Jennifer D.  
**Cycle**  
 9:00-10:00 AM - Shaylyn  
**Body Sculpt**  
 10:00-11:00 AM - Shaylyn  
**Cycle**  
 5:30-6:30 PM - Julie

**Saturday**

**Cycle**  
 7:25-8:25 AM - Shaylyn  
**Cycle**  
 8:25-9:25 AM - Shaylyn/Nancy  
**Yoga**  
 8:30-9:30 AM - Christine  
**Cardio/Funk Strength**  
 9:30-10:30 AM - Ray  
**Cycle**  
 9:35-10:35 AM - Julie  
**Butts/Guts**  
 10:30-11:00 AM - Ray  
**Ripped**  
 11:00-12:00 PM - Shayliyn

**Sunday**

**Cycle**  
 9:00-10:00 AM - Julie  
**Body Sculpt**  
 10:00-11:00 AM - Alma