

February 2024 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or our Facebook page for most current updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	2 HIIT Class – 9:30 AM Strengthen & Toning– 9:30AM SS Cardio – 11:00 AM	3 Zumba – 9:00 AM Spin – 9:00 AM
4 No Fitness Classes	5 Strength, Core & More–9:30AM Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	6 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	7 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Classic – 11:00 AM Zumba Toning – 6:15 PM	8 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	9 HIIT Class – 9:30 AM Strengthen & Toning– 9:30AM SS Cardio – 11:00 AM	10 Zumba – 9:00 AM Spin – 9:00 AM
11 No Fitness Classes	12 Strength, Core & More–9:30AM Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	13 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	14 HIIT Class – 8:30 AM Tabata – 9:30 AM No Strengthen & Toning No SS Classic Zumba Toning – 6:15 PM	15 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	16 HIIT Class – 9:30 AM Strengthen & Toning– 9:30AM SS Cardio – 11:00 AM	17 Zumba – 9:00 AM Spin – 9:00 AM
18 No Fitness Classes	19 No Strength, Core & More Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	20 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	21 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Classic – 11:00 AM Zumba Toning – 6:15 PM	22 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	23 HIIT Class – 9:30 AM Strengthen & Toning– 9:30AM SS Cardio – 11:00 AM	24 Zumba – 9:00 AM Spin – 9:00 AM
25 No Fitness Classes	26 Strength, Core & More–9:30AM Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	27 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	28 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Classic – 11:00 AM Zumba Toning – 6:15 PM	29 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM		