

# FEBRUARY 2026



Fit For Life Spond Code: OVMVV All Other GEX: BRCIP

Mon 02/02	Tue 02/03	Wed 02/04	Thu 02/05	Fri 02/06	Sat 02/07
<p><b>No GEX</b> Trainer Unavailable</p>	<p>5:15AM - 6:00AM Cardio &amp; Core</p> <p>6:30AM - 7:15AM Cardio &amp; Core</p>	<p>5:15AM - 6:00AM Strength Circuit</p> <p>8:00AM - 8:45AM Strength Circuit</p> <p>9:00AM - 10:00AM Fit For Life</p> <p>11:00AM - 12:00PM Midweek Machines</p>	<p>5:15AM - 6:00AM Burn</p> <p>6:30AM - 7:15AM Burn</p>	<p>5:15AM - 6:00AM HIIT + Core</p> <p>8:00AM - 8:45AM Let's Get L.I.I.T!</p> <p>9:00AM - 10:00AM Fit For Life</p>	
Mon 02/09	Tue 02/10	Wed 02/11	Thu 02/12	Fri 02/13	Sat 02/14
<p>5:15AM - 6:00AM Full Body Free Weight Mix</p> <p>8:00AM - 8:45AM Full Body Free Weight Mix</p> <p>9:00AM - 10:00AM Fit For Life Machines</p>	<p>5:15AM - 6:00AM Cardio &amp; Core</p> <p>6:30AM - 7:15AM Cardio &amp; Core</p>	<p>5:15AM - 6:00AM Strength Circuit</p> <p>8:00AM - 8:45AM Strength Circuit</p> <p>9:00AM - 10:00AM Fit For Life</p> <p>11:00AM - 12:00PM Midweek Machines</p>	<p>5:15AM - 6:00AM Burn</p> <p>6:30AM - 7:15AM Burn</p>	<p>5:15AM - 6:00AM HIIT + Core</p> <p>8:00AM - 8:45AM Let's Get L.I.I.T!</p> <p>9:00AM - 10:00AM Fit For Life</p>	<p>8:30AM - 9:15AM Kickboxing</p> <p>9:15AM - 10:00AM Yoga Stretch</p> <p><b>**all participants must reserve their spot in advance</b></p>
Mon 02/16	Tue 02/17	Wed 02/18	Thu 02/19	Fri 02/20	Sat 02/21
<p>5:15AM - 6:00AM Full Body Free Weight Mix</p> <p>8:00AM - 8:45AM Full Body Free Weight Mix</p> <p>9:00AM - 10:00AM Fit For Life Machines</p>	<p>5:15AM - 6:00AM Cardio &amp; Core</p> <p>6:30AM - 7:15AM Cardio &amp; Core</p>	<p>5:15AM - 6:00AM Strength Circuit</p> <p>8:00AM - 8:45AM Strength Circuit</p> <p>9:00AM - 10:00AM Fit For Life</p> <p>11:00AM - 12:00PM Midweek Machines</p>	<p>5:15AM - 6:00AM Burn</p> <p>6:30AM - 7:15AM Burn</p>	<p>5:15AM - 6:00AM HIIT + Core</p> <p>8:00AM - 8:45AM Let's Get L.I.I.T!</p> <p>9:00AM - 10:00AM Fit For Life</p>	
Mon 02/23	Tue 02/24	Wed 02/25	Thu 02/26	Fri 02/27	Sat 02/28
<p>5:15AM - 6:00AM Full Body Free Weight Mix</p> <p>8:00AM - 8:45AM Full Body Free Weight Mix</p> <p>9:00AM - 10:00AM Fit For Life Machines</p>	<p>5:15AM - 6:00AM Cardio &amp; Core</p> <p>6:30AM - 7:15AM Cardio &amp; Core</p>	<p>5:15AM - 6:00AM Strength Circuit</p> <p>8:00AM - 8:45AM Strength Circuit</p> <p>9:00AM - 10:00AM Fit For Life</p> <p>11:00AM - 12:00PM Midweek Machines</p>	<p>5:15AM - 6:00AM Burn</p> <p>6:30AM - 7:15AM Burn</p>	<p>5:15AM - 6:00AM HIIT + Core</p> <p>8:00AM - 8:45AM Let's Get L.I.I.T!</p> <p>9:00AM - 10:00AM Fit For Life</p>	<p>8:30AM - 9:30AM BOSU Strength</p> <p><b>**all participants must reserve their spot in advance</b></p>

## CLASS ETIQUETTE:

- Participants in group classes are asked to use the Spond app and update attendance in a timely manner.
- Class schedule is subject to change based on regular attendance levels.

**\*\*Please note there are MANY classes at risk of being dropped or changed due to low numbers.\*\***

