

Programs and Classes

February 2018

★NEW

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	9:00AM-10:00AM Tai Chi Ambre	6:30AM-7:15AM FIT (Fitness Intensity Training) Sara B.		
	10:00AM-10:45AM Silver Sneakers® Kelsey	9:15AM-10AM Pilates Rene	10:00AM-10:45AM Silver Sneakers® Katie	10:30AM-11:00AM New Tricks Brielle
11:00AM-11:30AM Core Challenge Brielle		10:00AM-11:00AM Corrective Exercises Rene	11:00AM-11:45AM Stretching 101 Brandon	11:15AM-12:00PM Silver Sneakers Stability™ Brielle
11:45AM-12:30PM Intro to Weights Sara B.	10:45AM-11:15AM Core Tabata Brielle	11:00AM-11:30AM Core Challenge Brandon	11:00AM-12:00PM Climbing Katie	
★ Splash Sample 2/26/18 ONLY 12:45PM-2:00PM Therapy Pool Brielle/Nick B.	11:30-12:00PM KrankFusion™	11:00AM-12:00PM Wheelchair Tennis Seth	12:00PM-12:30PM KrankFusion™	
	1:30PM-2:30PM Rowing	11:45AM-12:30PM Intro to Weights Brandon		
	4:30PM-7PM Get Hooked Up	12:45PM-1:30PM BioExercise (Land) Donna Lewen		
4:30PM-7PM Get Hooked Up		4:30PM-7PM Get Hooked Up	4:30PM-7PM Get Hooked Up	
4:45PM-5:15PM KrankFusion™ Brielle				
5:30PM-6:30PM Kids Corner	5:30PM-6:30PM Kids Corner Katie	5:30PM-6:30PM Kids Corner Kelsey	5:30PM-6:30PM Kids Corner Sara B.	
5:30PM-6:30PM Boot Camp Brielle	5:30PM-6:30PM Yoga Carolyn	5:30PM-6:30PM Boot Camp Brandon	5:30PM-6:30PM Yoga Carolyn	
	5:30PM-6:30PM TLC Brandon	6:30PM-7:30PM Climbing Kelsey	★ Tango For All 2/22/18 ONLY 6:30PM-7:30PM	
6:30PM-7:30PM Tai Chi Lynette	6:30PM-7:30PM Climbing Sara B.	6:30PM-7:30PM Rowing	6:45PM-7:45PM Martial Arts	Saturday 9:30AM-10:15AM KrankFusion™
				12:30PM-1:30PM Climbing Brandon

Krank Fusion™, Kids Corner, and Wheelchair Tennis Sign Up Required

(Sign up at ability360.org under calendars, call the front desk at 602-386-4566, stop by the front desk, or download our smart phone APP)

★ Did you know? Love Your Workout February 14th 11:45-12:30PM AND 5:30-6:30PM	February Class Cancellations	Facility Hours:
	Pilates and Corrective Exercise cancelled 2/7 Climbing cancelled 2/7, 2/8, 2/10, 2/17, 2/24 SilverSneakers© cancelled 2/8 Bio Exercise cancelled 2/7, 2/28 Yoga cancelled 2/20 Rowing cancelled 1/31, 2/7 KrankFusion™ cancelled 2/17	6:00am-8:30pm M-F 8am-4pm Saturdays Closed Sundays POOL Opens 2/26 M-F 7am-6pm Saturdays 8am-3pm

ABILITY360
SPORTS & FITNESS CENTER