


# GROUP EXERCISE SCHEDULE

## February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 am Shall We Dancercise?	6:00-6:30 am H.I.T. <b>NEW CLASS!</b>	8:00-8:45 am Shall We Dancercise?	6:00-6:30 am All Core! <b>NEW CLASS!</b>	1:30 pm – 2:30 pm Lap & Learn Aqua Class
9:00-9:45 am Shall We Dancercise?	8:00-8:35 am T'ai Chi & Chi Gong	9:00-9:45 am Shall We Dancercise?	8:00-8:35 am T'ai Chi & Chi Gong	<div data-bbox="1627 496 2041 1010" data-label="Complex-Block"> <p style="text-align: center;"><b>All Core!</b></p>  <p style="text-align: center;"><b>Thursdays 6:00 am</b></p> </div>
9:00-9:50 am AquaFit	8:40-9:35 am Yoga Basics	9:00-9:50 am AquaFit	8:40-9:35 am Yoga Basics	
10:00-10:30 am Muscle Matters	9:00-9:50 am Aqua Fit	10:00-10:30 am Muscle Matters	9:00-9:50 am Aqua Fit	
10:35-11:05 am Pilates	9:45-10:30 am Zumba Gold®	10:35-11:05 am Pilates	9:45-10:30 am Zumba Gold®	
11:10-11:40 am Workshop-Zumba Gold®	5:10-6:10 pm Aqua Fit	11:15-11:55 am MEGA MIX!	1:00-1:45 pm Shall We Dancercise?-Level I Beginners	
5:10-6:10 pm Aqua Fit	5:30-6:15 pm Zumba Fitness®	5:10-6:10 pm Aqua Fit	5:10-6:10 pm Aqua Fit	
5:30-6:30 pm Step It Up/Interval Training		5:30-6:00 pm Cardio-Kickboxing		
6:30-7:15 pm Shall We Dancercise?-Level II (Advanced)		6:00-6:30 pm Cut Loose Cardio		<div data-bbox="1675 1084 1986 1198" data-label="Image"> </div> <p style="text-align: center;">2015 Mulberry St. Mt. Pleasant TX 903.434.8000 <a href="http://www.titusregional.com/wellnesscenter">www.titusregional.com/wellnesscenter</a></p> <p><b>HOURS</b></p> <p>Mon-Thur 5:15 am - 9:00 pm Fri 5:15 am - 7:00 pm Sat 7:00 am - 3:00 pm Sun 1:00 pm - 5:00 pm</p>