

710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center

www.everbodys.com

FEBRUARY CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM	Barre	WAKE UP WORKOUT	SPINNING **	Step	WAKE UP WORKOUT		YOGA Faith <i>(Free to Public)</i> 6:00 a.m.			
5:30 AM	**Spin & Praise <i>(Free to Public)</i>			**Spin & Praise <i>(Free to Public)</i>						
7:00 AM							SPINNING **			
7:30 AM						<i>Footprints</i>				
8:15 AM					<i>Aqua Aerobics (HIE Pool)</i>	TOTAL BODY				
9:00 AM	Cardio & Strength	YOGA	<i>Resistance Training Circuit</i>	Balance Pilates	YOGA	ZUMBA fitness	Wallyball 6pm			
5:30 PM	<i>Aqua Aerobics (HIE Pool)</i>	YOGA	<i>Aqua Aerobics (HIE Pool)</i>	Barre	<p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>Tell City Half Marathon April 6, 2019 - 8:00 a.m. Individual Half Half Team Relay 5k Fun Run</p>					
	<i>BODY Sculpting</i>		ZUMBA fitness							
6:30 PM	SPINNING **	SPINNING **	SPINNING **							
	Barre	ZUMBA fitness								
	ZUMBA fitness (Schergen Center)									
<p>** Reservations are required for Spinning</p>										