


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

# EverBody's Fun and Fitness Center

[www.everbodys.com](http://www.everbodys.com)

## FEBRUARY CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM		WAKE UP WORKOUT	 <b>SPINNING</b> **		WAKE UP WORKOUT					
5:30 AM	<i>Spin &amp; Praise</i>			<i>Spin &amp; Praise</i>						
8:00 AM						<i>Footprints</i>				
8:15 AM					<i>Aqua Aerobics Holiday Inn</i>	<b>TOTAL BODY</b>				
9:00 AM	<b>Cardio &amp; Strength</b>	<b>YOGA</b>	<i>Resistance Training Circuit</i>	Balance Pilates	<b>YOGA</b>					
5:30 PM	<i>BODY Sculpting</i>	<b>YOGA</b>		<i>Barre</i>	<p align="center"><u><b>Upcoming Events</b></u></p> <p align="center"><b>Child Care (Kidz Klub)</b>            Monday-Thursday 5-7:30 PM            Saturday 7:30-10:30 AM</p> <p align="center"><b>Dance for a CURE!</b>  <b>For Tabbie Fentress</b>            February 3rd 1pm-3pm            Hancock County Middle School</p> <p align="center"><b>Nutrition Night:</b>  <b>Featuring Nutriionist Dawn Weatherwax</b>            Feburary 13th 6:30pm            Tell City Depot            Tickets Availiable at Everbody's            Price \$5 Biggest Loser Participant            \$10 Non- Biggest Loser Participant</p>					
	<i>Aqua Aerobics Holiday Inn</i>		<i>Aqua Aerobics Holiday Inn</i>							
6:15 PM	**  <b>SPINNING</b>	**  <b>SPINNING</b>	**  <b>SPINNING</b>							
	<i>Barre</i>		<i>Boxing</i>							
6:30 PM	 at Schergen Center	<b>POUND**</b> (Court 1)		<b>POUND**</b> (Court 1)						
<p>*Reservations are required for Spinning &amp; Pound classes</p> <p><b>Inclement Policy</b> - If TC schools are closed due to inclement weather, there will be no classes. If TC Schools are on a delay there will be no morning classes. <b>Always use your judgment when deciding to drive during the winter months.</b></p>										