



# FEBRUARY FITNESS SCHEDULE

- To book your workout: [https://www.supersaas.com/schedule/Kids\\_America/Kids\\_America\\_Workouts](https://www.supersaas.com/schedule/Kids_America/Kids_America_Workouts)
- [WWW.KIDSAMERICA.ORG](http://WWW.KIDSAMERICA.ORG) 740-622-6657

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 6:00AM	Interval Mash Up		Boxing/Kickboxing		Interval Cycle /Mash Up	2/6/2021 8am Mash up 9am Throwback Cardio 10:15am Yes! To Yoga	
7:00–8:00AM		Strong Morning Yoga Flow				2/13/2021 8am Mash up 9am Bootcamp 10:15am Yes! To Yoga	
7:30–8:15AM	Barre			Interval Cycle/Mash Up		2/20/2021 8am Mash up 9am HIIT 10:15am Yes! To Yoga	
7:45 & 8:45AM	Silver Sneakers		Silver Sneakers		Silver Sneakers		
1:00-2:00PM						2/27/2021 8am Mash up 9am Boxing 10:15am Yes! To Yoga	Operation Strong & Fit Bootcamp
3:45 – 4:20PM			Interval Cycle				
4:35–5:30PM	Core De Force Kickboxing	Cycle/Circuit	Total Body Toning	Mash Up			
5:45–6:30PM	Yoga	Cardio/Strength Mash Up		Boxing/ Kickboxing			
6:45–7:45PM	Step		Yoga	Freedom Yoga			

**CANCELLATION POLICY:** Please, cancel your workout at least 1 hour prior to start time. No shows are not acceptable. If 0 signed up an hour before class - canceled.

\*\*\*Schedules change for you AND your fitness instructors! *This schedule is a general guideline.* Please, use the web schedule for the most up-to-date schedule.

Boxing: You will maintain the same partner for the duration of the workout. We recommend you purchase your own gloves/pads set. Limited available. FUN!