



# February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Schedule is subject to change</i>  <b>**Spin-ema is free for Open Gym Members</b>            Monday Spinning classes are NOT included in Open Gym Membership            All fitness classes are \$5 and last one hour unless otherwise noted.            Cash payments up to \$5, check, money order or Visa/MC accepted</p>			<p>1            Qi Gong/Tai Chi 10:00am            Buti Yoga 5:30pm            Zumba Fitness 6:30pm            Multi-level Kripalu Yoga 6:30pm</p>	<p>2            Gentle Yoga 9:00am            Zumba Combo 6:30pm</p>	<p>3            Buti Yoga 9:00am            **Spin-ema (Spin Cinema) 10:00 am</p>	<p>4            Zumba Fitness 9:00am            Multi-level Kripalu Yoga 10:00am</p>
<p>5  <b>Facility Closed</b></p>	<p>6            Spinning 8:30am            Qi Gong/Tai Chi 10:00am            Zumba Fitness 5:30pm            Multi-level Kripalu Yoga 6:00pm            Zumba Combo 6:30pm</p>	<p>7            Gentle Yoga 9:00am            STRONG by Zumba 5:30pm            Pilates 6:30pm</p>	<p>8            Qi Gong/Tai Chi 10:00am            Buti Yoga 5:30pm            Zumba Fitness 6:30pm            **Spin-ema (Spin Cinema) 7:30pm</p>	<p>9            Gentle Yoga 9:00am            Zumba Combo 6:30pm</p>	<p>10            **Spin-ema (Spin Cinema) 10:00 am            Multi-level Kripalu Yoga 6:30pm</p>	<p>11            Zumba Fitness 9:00am            Multi-level Kripalu Yoga 10:00am</p>
<p>12  <b>Facility Closed</b></p>	<p>13            Spinning 8:30am            Zumba Fitness 5:30pm            Multi-level Kripalu Yoga 6:00pm            Zumba Combo 6:30pm</p>	<p>14            Gentle Yoga 9:00am            STRONG by Zumba 5:30pm            Pilates 6:30pm</p>	<p>15            Buti Yoga 5:30pm            Zumba Fitness 6:30pm            **Spin-ema (Spin Cinema) 7:30pm</p>	<p>16            Gentle Yoga 9:00am            Zumba Combo 6:30pm</p>	<p>17            Buti Yoga 9:00am            **Spin-ema (Spin Cinema) 10:00 am</p>	<p>18            Zumba Fitness 9:00am            Multi-level Kripalu Yoga 10:00am</p>
<p>19  <b>Facility Closed</b></p>	<p>20  <b>Facility Closed</b>  </p>	<p>21            Gentle Yoga 9:00am            STRONG by Zumba 5:30pm            Pilates 6:30pm</p>	<p>22            Qi Gong/Tai Chi 10:00am            Buti Yoga 5:30pm            Zumba Fitness 6:30pm            **Spin-ema (Spin Cinema) 7:30pm</p>	<p>23            Gentle Yoga 9:00am            Zumba Combo 6:30pm</p>	<p>24            Buti Yoga 9:00am            **Spin-ema (Spin Cinema) 10:00 am</p>	<p>25            Zumba Fitness 9:00am            Multi-level Kripalu Yoga 10:00am</p>
<p>26  <b>Facility Closed</b></p>	<p>27            Spinning 8:30am            Qi Gong/Tai Chi 10:00am            Zumba Fitness 5:30pm            Multi-level Kripalu Yoga 6:00pm            Zumba Combo 6:30pm</p>	<p>28            Gentle Yoga 9:00am            STRONG by Zumba 5:30pm            Pilates 6:30pm</p>	<p><b>Have an idea for a fitness class? Email Morgan Conley.</b>  <a href="mailto:conlevm@charleston-sc.gov">conlevm@charleston-sc.gov</a></p>		<p><b>Bees Landing Recreation Center</b>            1580 Ashley Gardens Blvd.            Charleston, SC 29414            (843) 402-4571  <a href="http://www.charleston-sc.gov/recreation">http://www.charleston-sc.gov/recreation</a></p>	