

February 2012



INLET'S HOURS:

Monday – Thursday

5:00AM – 9:30PM

Friday

5:00AM – 8:00PM

Saturday

7:00AM – 5:00PM

Sunday

7:00AM – 4:00PM

CHILD CARE HOURS:

Monday – Friday

8:00AM – 2:00PM

Monday – Thursday

4:00PM – 8:00PM

Friday

4:00PM – 7:00PM

Saturday

8:00AM – 2:00PM

Sunday

8:00AM – 12:00PM

To protect your health, yoga mats and boxing gloves are not provided. Yoga mat rentals are available at the front desk for \$5 per person

*** Reservation Required**

** Class is 90 minutes

*** Class is Weather Permitting

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|---|
| WINTER BLUES PARTY Help us celebrate the end of winter and bring in the spring/summer weather! Party at Chicks Oyster Bar Feb 25 th Details to follow ☺ | | 75 min PARTER YOGA with Katie Tuesday February 14th 7:45pm Bring your mom, your BFF or your sweetheart! <i>*Non-members free to take class with active member*</i> | 1 6:00 Spin* - Holly 7:05 Multi-level Yoga – Judith 8:30 ZUMBA – Pam 9:35 Spin* - Dawn 9:35 Outdoor G.I. JANE*** - Haley 9:35 Vinyasa – Katie 11:00 Yoga Basics – Debi 4:30 Spin 45* – Margaret 4:30 Pulse & Pump – Amy A 5:35 TRX Explosion – Susan 5:35 Spin* - Lori 6:40 Yoga – Diane | 2 6:00 Spin* - Amy A 6:00 Chisel –Margaret 7:05 Yoga – Katie 8:30 Step Fit Camp Fusion – Dawn 8:30 Spin 30* - Phil 9:35 Bikes & Bands - Lori 9:35 TRX & More – Kevin 10:40 Yoga – Diane 4:30 ZUMBA – Rita 5:35 Chisel – Susan 6:00 Spin* – Scott E 6:40 Yoga Basics – Kirk | 3 6:00 Spin* - Colin 7:05 Yoga – Emily 8:30 Chisel – Patti 8:30 Spin* – Holly 8:30 HEAT – Kevin 11:00 Yin – Katie 4:30 Pulse & Pump – Christy 5:15 Spin 45* – Roberta 5:35 Happy Hour Flow – Sarah | 4 7:30 Spin 45* - Chris J 8:00 Chisel – Haley 9:05 ZUMBA – Pam 9:05 Outdoor Boot Camp - Derek 9:05 Spin* – Norm 10:10 Mat Pilates - Birit 10:30 Spin* - Scott E 11:15 Vinyasa – Jennifer |
| 5 8:00 Beginner Yoga - Joanne 8:00 Spin* – Holly 9:05 Step Fit Camp Fusion - Page 10:00 Spin* - Birit 10:10 Power Yoga** – Françoise | 6 6:00 Spin* - Holly 7:05 Yoga – Judith 8:30 DBL Step – Andrea 9:35 Chisel – Jan 9:35 Spin* - Dawn 10:40 Mat Pilates – Birit 4:00 Multi-level Yoga - Diane 4:30 Bikes & Bands* – Lori 5:35 Pulse & Pump - Susan 6:15 Spin* – Chris J 6:40 Power Fit – Michelle N | 7 6:00 Spin* - Roberta 6:00 Chisel – Haley 7:05 Yoga – Katie 8:30 Core & More – Keleigh 8:30 Spin* – Rick 9:35 Step Intervals – Julie J 10:00 Spin 30* – Berto 10:40 Yoga - Diane 4:30 Step Fit Camp Fusion - Christy 5:35 Mat Pilates - Birit 5:35 Spin* – Dave 6:40 Cardio Sculpt - Susan | 8 6:00 Spin* - Holly 7:05 Multi-level Yoga – Judith 8:30 ZUMBA – Pam 9:35 Spin* - Kevin 9:35 Outdoor G.I. JANE*** - Rick 9:35 Vinyasa – Katie 11:00 Yoga Basics – Debi 4:30 Spin 45* – Joan 4:30 Pulse & Pump – Amy A 5:35 TRX Explosion – Susan 5:35 Spin* – Roberta 6:40 Yoga – Diane | 9 6:00 Spin* - Haley 6:00 Chisel – Amy A 7:05 Yoga – Katie 8:30 20/20/20 – Julie J 8:30 Spin 30* - Laurie 9:35 Bikes & Bands* – Lori 9:35 TRX & More – Patti 10:40 Yoga - Diane 4:30 ZUMBA – Rita 5:35 Chisel – Kerrie 6:00 Spin* – Rob 6:40 Yoga Basics – Kirk | 10 6:00 Spin* - Lyndsay 6:00 Chisel – Patti 8:30 Chisel – Patti 8:30 Spin* - Haley 9:35 Spin 30* - Kevin/Julie J 9:35 Bikes & Bands* – Lori 4:30 TRX & More – Roberta 5:15 Spin 45* - Leanne 5:35 Happy Hour Flow - Sarah | 11 7:30 Spin 45* - Norm 8:00 Chisel – Haley 9:05 Saturday Sweatshop - Susan 9:05 Outdoor Boot Camp - Derek 9:05 Spin* – Phil 10:10 Mat Pilates - Birit 10:30 Spin* - Page 11:15 Vinyasa - Jennifer |
| 12 8:00 Beginner Yoga - Joanne 8:00 Spin* – Dave 9:05 Pulse & Pump - Christy 11:15 Spin* - Scott E 10:10 Power Yoga** – Françoise | 13 6:00 Spin* - Colin 7:05 Yoga – Judith 8:30 Triple Step - Andrea 9:35 Chisel – Kevin 9:35 Spin* - Joan 10:40 Mat Pilates – Birit 4:00 Multi-level Yoga - Diane 4:30 Bikes & Bands* – Leanne 5:35 Pulse & Pump – Amy A 6:15 Spin* – Dave 6:40 Power Fit – Scott S | 14 6:00 Spin* - Roberta 6:00 Chisel – Norm 7:05 Yoga – Katie 8:30 Core & More – Keleigh 8:30 Spin* – Joan 9:35 Step Intervals – Kendra 10:00 Spin 30* – Laurie 10:40 Yoga - Diane 4:30 Step Fit Camp Fusion – Haley 5:35 Mat Pilates - Birit 5:35 Spin* – Rob 6:40 Cardio Sculpt – Kerrie 7:45 PARTNER YOGA - <3 Katie <3 | 15 6:00 Spin* - Holly 7:05 Multi-level Yoga – Judith 8:30 ZUMBA – Pam 9:35 Spin* - Dawn 9:35 Outdoor G.I. JANE*** -Haley 9:35 Vinyasa – Katie 11:00 Yoga Basics - Debi 4:30 Spin 45* – Joan 4:30 Pulse & Pump – Margaret 5:35 TRX Explosion – Amy A 5:35 Spin* - Colin 6:40 Yoga – Diane | 16 6:00 Spin* - Amy A 6:00 Chisel – Margaret 7:05 Yoga – Katie 8:30 Step Fit Camp Fusion – Dawn 8:30 Spin 30* - Rick 9:35 Bikes & Bands* – Lori 9:35 TRX & More – Kevin 10:40 Yoga – Diane 4:30 ZUMBA – Rita 5:35 Chisel – Haley 6:00 Spin* – Colin 6:40 Yoga Basics – Kirk | 17 6:00 Spin* - Lyndsay 7:05 Yoga – Emily 8:30 Chisel – Patti 8:30 Spin* – Lori 9:35 HEAT – Kevin 11:00 Yin – Katie 4:30 Pulse & Pump – Christy 5:15 Spin 45* – Roberta 5:35 Happy Hour Flow – Sarah | 18 7:30 Spin 45* - Norm 8:00 Chisel – Patti 9:05 ZUMBA – Pam 9:05 Outdoor Boot Camp - Derek 9:05 Spin* – Scott E 10:10 Mat Pilates – Birit 10:30 Spin* – Haley 11:15 Vinyasa – Jennifer |
| 19 8:00 Beginner Yoga – Joanne 8:00 Spin* – Norm 9:05 Power Fit – Haley 10:00 Spin* - Birit 10:10 Power Yoga** - Françoise | 20 6:00 Spin* - Holly 7:05 Yoga – Judith 8:30 Double Step – Andrea 9:35 Chisel – Jan 9:35 Spin* - Scott E 10:40 Mat Pilates – Birit 4:00 Multi-level Yoga - Diane 4:30 Bikes & Bands* – Lori 5:35 Pulse & Pump – Amy A 6:15 Spin* – Chris J 6:40 Power Fit – Michelle N | 21 6:00 Spin* - Roberta 6:00 Chisel – Norm 7:05 Yoga – Katie 8:30 Core & More – Keleigh 8:30 Spin* – Dawn 9:35 Step Intervals – Julie J 10:00 Spin 30* – Berto 10:40 Yoga – Diane 4:30 Step Fit Camp Fusion – Christy 5:35 Mat Pilates – Birit 5:35 Spin* – Colin 6:40 Cardio Sculpt – Haley | 22 6:00 Spin* - Holly 7:05 Multi-level Yoga – Judith 8:30 ZUMBA – Pam 9:35 Spin* - Kevin 9:35 Outdoor G.I. JANE*** - Haley 9:35 Vinyasa – Katie 11:00 Yoga Basics – Debi 4:30 Spin 45* – Joan 4:30 Pulse & Pump – Page 5:35 TRX Explosion – Amy A 5:35 Spin* - Roberta 6:40 Yoga – Diane | 23 6:00 Spin* - Haley 6:00 Chisel – Amy A 7:05 Yoga – Katie 8:30 20/20/20 – Julie J 8:30 Spin 30* - Phil 9:35 Bikes & Bands* – Lori 9:35 TRX & More –Patti 10:40 Yoga - Diane 4:30 ZUMBA – Rita 5:35 Chisel – Kerrie 6:00 Spin* – Dave 6:40 Yoga Basics – Kirk | 24 6:00 Spin* - Lyndsay 7:05 Yoga – Emily 8:30 Chisel – Kendra 8:30 Spin* – Lori 9:35 BOX – Kevin/Patti 11:00 Yin - Katie 4:30 Power Fit - Haley 5:15 Spin 45* - Leanne 5:35 Happy Hour Flow - Sarah | 25 7:30 Spin 45* – Norm 8:00 Chisel – Chris J 9:05 Saturday Sweatshop –Amy A 9:05 Outdoor Boot Camp - Derek 9:05 Spin* – Chris J 10:10 Mat Pilates - Birit 10:30 Spin* – Scott E 11:15 Vinyasa – Jennifer WINTER BLUES PARTY CHICKS OYSTER BAR |
| 26 8:00 Beginner Yoga – Joanne 8:00 Spin* – Holly 9:05 Cardio Sculpt - Page 10:00 Spin* - Birit 10:10 Power Yoga** - Françoise 12:30 PRE-Natal Yoga Workshop With Sarah Latham | 27 6:00 Spin* - Holly 7:05 Yoga – Judith 8:30 Triple Step - Andrea 9:35 Chisel – Kevin 9:35 Spin* - Joan 10:40 Mat Pilates – Birit 4:00 Multi-level Yoga - Diane 4:30 Bikes & Bands* – Leanne 5:35 Pulse & Pump – Amy A 6:15 Spin* – Chris J 6:40 Power Fit – Scott S | 28 6:00 Spin* - Roberta 6:00 Chisel – Norm 7:05 Yoga – Katie 8:30 Core & TRX – Patti 8:30 Spin* – Rick 9:35 Step Intervals – Kendra 10:00 Spin 30* – Laurie 10:40 Yoga - Diane 4:30 Step Fit Camp Fusion – Haley 5:35 Mat Pilates - Birit 5:35 Spin* – Dave 6:40 Cardio Sculpt - Kerrie | 29 6:00 Spin* - Holly 7:05 Multi-level Yoga – Judith 8:30 ZUMBA – Pam 9:35 Spin* - Dawn 9:35 Outdoor G.I. JANE*** - Rick 9:35 Vinyasa – Katie 11:00 Yoga Basics – Debi 4:30 Spin 45* – Lori 4:30 Pulse & Pump – Margaret 5:35 TRX Explosion – Amy A 5:35 Spin* - Colin 6:40 Yoga – Diane | Pre-natal Workshop With Sarah Latham Sunday February 26th 12:30pm See Sarah for more details <3 | | |