

# 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 – Thursday

8:00AM – 8:00PM

### Friday

8:00AM – 7:00PM

### Saturday

8:00AM – 2:00PM

### Sunday

8:00AM – 12:00PM

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

757-689-2446

**\* Reservation Required**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>WINTER BLUES PARTY</b></p> <p>Help us celebrate the end of winter! Party at Chicks Oyster Bar Feb 25<sup>th</sup> Details to follow</p>			<p>1</p> <p>5:30 Spin* - Megan 8:30 Power Fit* - Karenmarie 9:35 Spin 45/abs* – Becky F 9:35 Step Intervals - Kendal 3:30 Chisel – Kendal 4:30 Spin Intervals* – Michelle N 5:35 Zumba – Carmen/Mary Ann 7:00 Spin 45 &amp; Abs* – Scott S</p>	<p>2</p> <p>5:30 Spin* - Jamie 8:30 Zumba – Pam 9:35 CKB – Kendal 9:35 Spin Intervals* - Karenmarie <b>12:30 KIDS YOGA: AGES 4-6</b> 3:30 Cardio BG – Alicia 4:30 Power Fit* - Mike 5:35 SPICE – Scott S 6:00 Spin* – Jen</p>	<p>3</p> <p>5:30 Agility – Jeff 8:30 Chisel – Marchelle 8:30 Spin* – Alicia 9:35 Double Step – Becky D 10:00 Spin30/Core30 – Becky F 4:30 TRX 45* - Michele G 5:15 Spin 45* - Michelle N 6:15 Spin* - Scott S</p>	<p>4</p> <p>8:00 Chisel – Sherry 8:00 Spin Intervals* - Mike <b>8:30 Intro to Kettle Bell - Eileen</b> 9:05 Saturday Sweatshop - Kendal 9:15 Spin* – Tracey 10:30 Zumba – Carmen/Mary Ann 10:30 Beginner Spinner* - Tracey <b>11:30 TEEN CHISEL</b></p> <p><small>Intro to Kettle Bell Sign-up at front desk. Limited to 10 per class. 1<sup>st</sup> timers only.</small></p>
<p>5</p> <p>7:05 Spice – Scott S 8:00 Spin 45 &amp; Abs* – Scott S 9:05 Chisel – Nancy 9:30 Spin* - Carolanne</p> <p><b>2-3pm Latin Dance Party!</b></p>	<p>6</p> <p>5:30 Spin Intervals* – Kelly 8:30 CT - Kirsten 9:35 Chisel – Aimee 9:35 Spin* - Sarah 12:15 Spin 45* - Tracey 4:30 Spin Gym* – Eileen 5:35 CKB – Kendal 6:40 Spin* – Kim 6:40 Power Fit* - Scott S</p>	<p>7</p> <p>5:15 Spin60/abs* – Scott S 8:30 Body Design – Kirsten 8:30 Spin Intervals* – Sarah 9:35 Cardio BG – Karenmarie 12:30 TREX - Kirsten 3:30 Spin 30/Core 30 – Becky F 4:30 Zumba – Terrio 5:45 BOSU Plus - Melissa 6:00 Spin Intervals* – Mike 7:00 Chisel – Nancy</p>	<p>8</p> <p>5:30 Spin* - Megan 8:30 Power Fit* – Karenmarie 9:35 Spin 45/abs* – Jen 9:35 Cardio Dance - Marchelle 3:30 Chisel – Kendal 4:30 Spin Intervals* – Michelle N 5:35 Zumba – Carmen/Mary Ann 7:00 Spin 45 &amp; Abs* – Scott S</p>	<p>9</p> <p>5:30 Spin* - Jamie 8:30 Zumba – Pam 9:35 CKB – Kendal 9:35 Spin Intervals* - Phil <b>12:30 KIDS YOGA: AGES 4-6</b> 3:30 Cardio BG – Kendal 4:30 Power Fit* - Mike 5:35 SPICE – Scott S 6:00 Spin* – Helen</p>	<p>10</p> <p>5:30 Agility – Jeff 8:30 Chisel – Kendal 8:30 Spin* – Marchelle 9:35 Double Step – Becky D 10:00 Spin30/Core30 – Becky F 4:30 TRX 45* - Michele G 5:15 Spin 45* - Kim 6:15 Spin* - Scott S</p>	<p>11</p> <p>8:00 Power Fit* - Jamie 8:00 Spin Intervals* - Mike <b>8:30 Intro to Kettle Bell - Eileen</b> 9:05 Zumba – Pam 9:15 Spin* – Alicia 10:30 Beginner Spinner* - Alicia <b>11:30 TEEN CHISEL</b></p> <p><small>Intro to Kettle Bell Sign-up at front desk. Limited to 10 per class. 1<sup>st</sup> timers only.</small></p>
<p>12</p> <p>7:05 Spice – Scott S 8:00 Spin 45 &amp; Abs* – Scott S 9:05 Chisel – Carolanne 9:30 Spin* - Michelle N</p>	<p>13</p> <p>5:30 Spin Intervals* – Kelly 8:30 CT - Kirsten 9:35 Chisel – Aimee 9:35 Spin* – Marchelle 12:15 Spin 45* - Tracey 4:30 Spin Gym* – Eileen 5:35 CKB – Kendal 6:40 Spin* – Helen 6:40 BOSU Plus - Melissa</p>	<p>14</p> <p>5:15 Spin60/abs* – Scott S 8:30 Body Design – Kirsten 8:30 Spin Intervals* – Phil 9:35 Cardio BG – Aimee 12:30 TREX - Kirsten 3:30 Spin 30/Core 30 – Becky F 4:30 Zumba – Terrio 5:45 Power Fit* - Michelle N 6:00 Spin Intervals* – Mike 7:00 Chisel – Helen</p>	<p>15</p> <p>5:30 Spin* - Megan 8:30 Power Fit* - Karenmarie 9:35 Spin 45/abs* – Alicia 9:35 Step Intervals - Kendal 3:30 Chisel – Kendal 4:30 Spin Intervals* – Michelle N 5:35 Zumba – Carmen/Mary Ann 7:00 Spin 45 &amp; Abs* – Scott S</p>	<p>16</p> <p>5:30 Spin* - Jamie 8:30 Zumba – Pam 9:35 CKB – Kendal 9:35 Spin Intervals* - Karenmarie <b>12:30 KIDS YOGA: AGES 4-6</b> 3:30 Cardio BG - Alicia 4:30 Power Fit* - Mike 5:35 SPICE – Scott S 6:00 Spin* – Jen</p>	<p>17</p> <p>5:30 Agility – Jeff 8:30 Chisel – Marchelle 8:30 Spin* – Carolanne 9:35 Double Step – Becky D 10:00 Spin30/Core30 – Becky F 4:30 TRX 45* - Michele G 5:15 Spin 45* - Michelle N 6:15 Spin* - Scott S</p>	<p>18</p> <p>8:00 Chisel – Carolanne 8:00 Spin Intervals* - Mike <b>8:30 Intro to Kettle Bell - Eileen</b> 9:05 Saturday Sweatshop - Kendal 9:15 Spin* – Jen 10:30 Zumba – Carmen/Mary Ann 10:30 Beginner Spinner* - Jen <b>11:30 TEEN CHISEL</b></p> <p><small>Intro to Kettle Bell Sign-up at front desk. Limited to 10 per class. 1<sup>st</sup> timers only.</small></p>
<p>19</p> <p>7:05 Spice – Scott S 8:00 Spin 45 &amp; Abs* – Scott S 9:05 Chisel – Michelle N 9:30 Spin* - Becky F</p>	<p>20</p> <p>5:30 Spin Intervals* – Kelly 8:30 CT - Kirsten 9:35 Chisel – Aimee 9:35 Spin* – Sarah 12:15 Spin 45* - Tracey 4:30 Spin Gym* – Eileen 5:35 CKB – Amy A 6:40 Spin* – Helen 6:40 Power Fit* - Scott S</p>	<p>21</p> <p>5:15 Spin60/abs* – Scott S 8:30 Body Design – Kirsten 8:30 Spin Intervals* – Carolanne 9:35 Cardio BG – Karenmarie 12:30 TREX - Kirsten 3:30 Spin 30/Core 30 – Becky F 4:30 Zumba – Terrio 5:45 BOSU Plus - Melissa 6:00 Spin Intervals* – Mike 7:00 Chisel – Kelly</p>	<p>22</p> <p>5:30 Spin* - Megan 8:30 Power Fit* – Karenmarie 9:35 Spin 45/abs* – Rick 9:35 <b>Cardio Disco</b> - Marchelle 3:30 Chisel – Kendal 4:30 Spin Intervals* – Michelle N 5:35 Zumba – Carmen/Mary Ann 7:00 Spin 45 &amp; Abs* – Scott S</p>	<p>23</p> <p>5:30 Spin* - Jamie 8:30 Zumba – Pam 9:35 CKB – Kendal 9:35 Spin Intervals* - Karenmarie <b>12:30 KIDS YOGA: AGES 4-6</b> 3:30 Cardio BG – Kendal 4:30 Power Fit* - Mike 5:35 SPICE – Scott S 6:00 Spin* – Rob</p>	<p>24</p> <p>5:30 Agility – Jeff 8:30 Chisel – Kendal 8:30 Spin* – Marchelle 9:35 Double Step – Becky D 10:00 Spin30/Core30 – Becky F 4:30 TRX 45* - Michele G 5:15 Spin 45* - Kelly 6:15 Spin* - Scott S</p>	<p>25</p> <p>8:00 Power Fit* - Jamie 8:00 Spin Intervals* - Mike <b>8:30 Intro to Kettle Bell - Eileen</b> 9:05 Zumba – Pam 9:15 Spin* – Phil 10:30 Beginner Spinner - Helen <b>11:30 TEEN CHISEL</b></p> <p><b>WINTER BLUES PARTY TONIGHT! CHICKS OYSTER BAR</b></p>
<p>26</p> <p>7:05 Spice – Scott S 8:00 Spin 45 &amp; Abs* – Scott S 9:05 Chisel – Melissa 9:30 Spin* - Jamie</p>	<p>27</p> <p>5:30 Spin Intervals* – Kelly 8:30 CT - Kirsten 9:35 Chisel – Aimee 9:35 Spin* – Marchelle 12:15 Spin 45* - Tracey 4:30 Spin Gym* – Eileen 5:35 CKB – Kendal 6:40 Spin* – Helen 6:40 BOSU Plus - Melissa</p>	<p>28</p> <p>5:15 Spin60/abs* – Scott S 8:30 Body Design – Kirsten 8:30 Spin Intervals* - Sarah 9:35 Cardio BG - Aimee 12:30 TREX - Kirsten 3:30 Spin 30/Core 30 – Becky F 4:30 Zumba - Terrio 5:45 Power Fit* - Michelle N 6:00 Spin Intervals* – Mike 7:00 Chisel – Michelle N</p>	<p>29</p> <p>5:30 Spin* - Megan 8:30 Power Fit* - Karenmarie 9:35 Spin 45/abs* – Alicia 9:35 Step Intervals - Kendal 3:30 Chisel – Kendal 4:30 Spin Intervals* – Michelle N 5:35 Zumba – Carmen/Mary Ann 7:00 Spin 45 &amp; Abs* – Scott S</p>	<p>Zumba changed to 5:35pm!</p> <p><b>Cardio Disco</b> Wear your best 70's-80's disco attire &amp; jam to fun tunes!</p>		<p><b>Group Fitness</b></p>