

Passport to Health Demo Schedule

Thursday, February 1 - Thursday, March 15

DATE	TIME	CLASS	LOCATION
FEBRUARY 1	10:00am - 10:30am	Hyperbolic Training	Sports Performance Floor
	6:00pm - 6:30pm	Circuit Training	Sports Performance Floor
FEBRUARY 2	6:30pm - 7:00pm	Aqua Kinetics Kickboxing	Therapy Pool
	1:45pm - 2:15pm	Aqua Kinetics 101	Therapy Pool
FEBRUARY 4	8:15am - 8:45am	Aqua Kinetics 101	Therapy Pool
FEBRUARY 5	9:00am - 9:30am	Kettlebell 101	Sports Performance Floor
FEBRUARY 7	9:30am - 10:00am	TRX 101	Fitness Floor
	4:30pm - 5:00pm	Circuit Training	Sports Performance Center
	7:30pm - 8:00pm	Mobility 101	Warm Up Area of Fitness Floor
FEBRUARY 8	10:00am - 10:30am	Hyperbolic Training	Sports Performance Floor
	6:00pm - 6:30pm	Circuit Training	Sports Performance Floor
FEBRUARY 9	6:30pm - 7:00pm	Aqua Kinetics Kickboxing	Therapy Pool
	1:15pm - 1:45pm	Aqua Kinetics 101	Therapy Pool
FEBRUARY 11	8:15am - 8:45am	Aqua Kinetics 101	Therapy Pool
FEBRUARY 12	9:00am - 9:30am	Kettlebell 101	Sports Performance Floor
FEBRUARY 13	5:00pm - 5:30pm	Kettlebell 101	Sports Performance Floor
FEBRUARY 14	9:30am - 10:00am	TRX 101	Fitness Floor
	7:30pm - 8:00pm	Mobility 101	Warm Up Area of Fitness Floor
	4:30pm - 5:00pm	Circuit Training	Sports Performance Floor
FEBRUARY 15	10:00am - 10:30am	Hyperbolic Training	Sports Performance Floor
	6:00pm - 6:30pm	Circuit Training	Sports Performance Floor

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DATE	TIME	CLASS	LOCATION
FEBRUARY 16	6:30pm - 7:00pm	Aqua Kinetics Kickboxing	Therapy Pool
	1:45pm - 2:15pm	Aqua Kinetics 101	Therapy Pool
FEBRUARY 18	8:15am - 8:45am	Aqua Kinetics 101	Therapy Pool
FEBRUARY 19	9:00am - 9:30am	Kettlebell 101	Sports Performance Floor
FEBRUARY 20	5:00pm - 5:30pm	Kettlebell 101	Sports Performance Floor
FEBRUARY 21	9:30am - 10:00am	TRX 101	Fitness Floor
	4:30pm - 5:00pm	Circuit Training	Sports Performance Floor
	7:30pm - 8:00pm	Mobility 101	Warm Up Area of Fitness Floor
FEBRUARY 22	10:00am - 10:30am	Hyperbolic Training	Sports Performance Floor
	6:00pm - 6:30pm	Circuit Training	Sports Performance Floor
FEBRUARY 23	6:30pm - 7:00pm	Aqua Kinetics Kickboxing	Therapy Pool
	1:45pm - 2:15pm	Aqua Kinetics 101	Therapy Pool
FEBRUARY 25	8:15am - 8:45am	Aqua Kinetics 101	Therapy Pool
FEBRUARY 26	9:00am - 9:30am	Kettlebell 101	Sports Performance Floor
FEBRUARY 27	5:00pm - 5:30pm	Kettlebell 101	Sports Performance Floor
FEBRUARY 28	9:30am - 10:00am	TRX 101	Fitness Floor
	4:30pm - 5:00pm	Circuit Training	Sports Performance Floor
	7:30pm - 8:00pm	Mobility 101	Warm Up Area of Fitness Floor

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DATE	TIME	CLASS	LOCATION
MARCH 1	10:00am - 10:30am	Hyperbolic Training	Sports Performance Training
	6:00pm - 6:30pm	Circuit Training	Sports Performance Training
MARCH 2	6:30pm - 7:00pm	Aqua Kinetics Kickboxing	Therapy Pool
	1:45pm - 2:15pm	Aqua Kinetics 101	Therapy Pool
MARCH 5	8:15am - 8:45am	Aqua Kinetics 101	Therapy Pool
MARCH 6	9:00am - 9:30am	Kettlebell 101	Sports Performance Training
MARCH 7	5:00pm - 5:30pm	Kettlebell 101	Sports Performance Training
MARCH 8	9:30am - 10:00am	TRX 101	Fitness Floor
	4:30pm - 5:00pm	Circuit Training	Sports Performance Training
	7:30pm - 8:00pm	Mobility 101	Warm Up Area of Fitness Floor
MARCH 9	10:00am - 10:30am	Hyperbolic Training	Sports Performance Training
MARCH 10	6:30pm - 7:00pm	Aqua Kinetics Kickboxing	Therapy Pool
	1:45pm - 2:15pm	Aqua Kinetics 101	Therapy Pool
MARCH 12	8:15am - 8:45am	Aqua Kinetics 101	Therapy Pool
MARCH 13	9:00am - 9:30am	Kettlebell 101	Sports Performance Training
MARCH 14	5:00pm - 5:30pm	Kettlebell 101	Sports Performance Training
MARCH 15	9:30am - 10:00am	TRX 101	Fitness Floor
	7:30pm - 8:00pm	Mobility 101	Warm Up Area of Fitness Floor
	4:30pm - 5:00pm	Circuit Training	Sports Performance Training