

## Passport to Health Demo Schedule

### Thursday, February 9 - Monday, February 26

| DATE        | TIME              | CLASS                          | LOCATION      |
|-------------|-------------------|--------------------------------|---------------|
| FEBRUARY 9  | 12:00pm - 12:30pm | Cardio Intervals               | Fitness Floor |
|             | 10:00am - 10:30am | Aqua Kinetics                  | Pool          |
| FEBRUARY 12 | 5:00pm - 5:30pm   | Aqua Kinetics                  | Pool          |
|             | 1:00pm - 1:30pm   | Ask the Nurse                  | Nurse Office  |
| FEBRUARY 13 | 3:00pm - 3:30pm   | Aqua Kinetics                  | Pool          |
| FEBRUARY 14 | 9:00am - 9:30am   | Ask the Nurse                  | Nurse Office  |
|             | 9:30am - 10:00am  | Cardiovascular risk assessment | Fitness Floor |
| FEBRUARY 16 | 10:00am - 10:30am | Aqua Kinetics                  | Pool          |
|             | 11:00am - 11:30am | Hip Hinge                      | Fitness Floor |
|             | 5:40pm - 6:25pm   | Intro to Yoga                  | Studio 3      |
| FEBRUARY 18 | 8:30am - 9:15am   | Intro to Body Pump             | Studio 2      |
|             | 7:30am - 8:15am   | Intro to Cycle                 | Cycle Studio  |
| FEBRUARY 19 | 9:30am - 10:00am  | Ask the Nurse                  | Nurse Office  |
|             | 10:30am - 11:15am | Intro to Cycle                 | Cycle Studio  |
| FEBRUARY 21 | 5:30am - 6:00am   | TRX                            | Fitness Floor |
| FEBRUARY 25 | 12:30pm - 1:15pm  | Intro to Yoga                  | Studio 4      |
| FEBRUARY 26 | 5:00pm - 5:30pm   | Aqua Kinetics                  | Pool          |