



**FREE Group Fitness Demos**  
**February 20 – March 2**  
**ALL DEMOS ARE 30 MINUTES IN LENGTH**

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**Monday, February 20**

9:30 am – TRX – Ginger  
10:30 am – WERQ – Marnie  
11:00 am – Strike – Marnie  
5:15 pm – Zumba Gold – Debbie

**Monday, February 27**

9:30 am – TRX – Ginger  
10:30 am – WERQ – Marnie  
11:00 am – Strike – Marnie  
5:15 pm – Zumba Gold – Jeannie

**Tuesday, February 21**

10:30 am – Barre Burn – Missy  
7:15 pm – Kettlebells – Kellen

**Tuesday, February 28**

10:30 am – Barre Burn – Missy  
7:15 pm – Kettlebells – Kellen

**Wednesday, February 22**

7:15 pm – MMA Conditioning – Doug

**Wednesday, February 29**

7:15 pm – MMA Conditioning – Doug

**Thursday, February 23**

11:15 am – Balance – Kathy D.  
5:30 pm – Spin & Core – Missy  
6:00 pm – Strike – Missy

**Thursday, March 1**

11:15 am – Balance – Kathy D.  
5:30 pm – Spin & Core – Missy  
6:00 pm – Strike – Missy

**Friday, February 24**

10:30 am – Rebounders – Missy

**Friday, March 2**

10:30 am – Rebounders – Missy

Park Center Health & Fitness  
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