



**CLUB HOURS:** (561) 994-0007  
 MONDAY-THURSDAY 6AM - 9PM  
 FRIDAY 6AM-7PM  
 SAT. 8AM - 5PM SUN. 9AM - 4PM

# Fitness for Women of Boca Raton

## FEBRUARY 2012

WWW.FITNESSFORWOMEN-BOCA.COM

**KID'S FUN CENTER HOURS:**  
 MON-FRI 8AM- 1PM & 4PM - 8PM\*  
 \*(FRI CLOSSES 7PM) SATURDAY 8AM - 12PM  
 SUNDAY 9AM-1PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:30 Spinning-Susie (45) <b>8:30 BarreFusion- Hanna \$5</b> 9:30 Zumba-Gigi 11:00 Golden Girls-Nicoletta 12:00 Pilates w/ props- Nicoletta 5:30 CardioStep-Janice (30) 5:30 Spinning-Mindy 6:00 BodyPUMP- Janice 7:00 BodyFLOW-Janice	<b>2</b> 9:15 BodyPUMP-Janice 10:15 BodyFLOW-Janice 11:30 Sr. Zumba-Nathalia 12:30 YIN YOGA-Hanna <b>4:30 Kids FIT Class (30) \$5</b> 5:15 H.I.I.T Class- Andy 5:30 Spinning- Holly 6:30 VinyasaYoga Hanna (90)	<b>3</b> <b>8:30 Spinning-Danielle(45)</b> <b>8:30 Body Barre-Hanna \$5</b> 9:30 BOOT CAMP!-Ginny 10:30 Golden Girls-Sally 12:00 Pilates- Nancy 5:30 BodyPUMP- Stephanie	<b>4</b> 9:00 BodyPUMP- Kathleen 9:30 Spinning-Stephanie <b>10:15 Drums Alive- Kathleen</b> 10:45 ExtremeStretch Kathleen
<b>5</b>  <b>FFW Closed @ 2pm</b> 9:30 Spinning- Mindy <b>10:00-CardioStep- Janice</b> 11:15 BodyFLOW- Janice	<b>6</b> 8:30 Spinning-Stephanie (45) <b>8:30 Body Barre-Hanna \$5</b> 9:30 Circuit Training- Danielle 10:30 Sr.Weights & More- Danielle 12:00 Pilates- Nicoletta 5:30 AbAttack- Stephanie(30) 5:30 Spinning-Mindy 6:00 BodyPUMP- Stephanie 7:00 Vinyasa Yoga-Sylwia(90)	<b>7</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 Zumba-Karine 12:00 Yoga-Rosanne 5:30 Spinning-Holly 5:30 Zumba!!-Gigi <b>6:30 Body Barre-Hanna\$5</b>	<b>8</b> 8:30 Spinning-Susie (45) <b>8:30 BarreFusion-Hanna \$5</b> 9:30 Zumba-Gigi 11:00 Golden Girls-Nicoletta 12:00 Pilates w/ props- Nicoletta 5:30 Cardio Step-Janice(30) 5:30 Spinning-Mindy 6:00 BodyPUMP- Janice 7:00 BodyFLOW-Janice	<b>9</b> 9:15 BodyPUMP- Janice 10:15 BodyFLOW-Janice 11:30 Sr. Zumba-Nathalia 12:30 YIN YOGA-Hanna <b>4:30 Kids FIT Class (30) \$5</b> 5:15 H.I.I.T Class- Andy 5:30 Spinning- Holly 6:30 VinyasaYoga - Hanna(90)	<b>10</b> <b>8:30 Spinning-Danielle(45)</b> <b>8:30 Body Barre-Hanna \$5</b> 9:30 BOOT CAMP!-Ginny 10:30 Golden Girls- Sally 12:00 Pilates- <b>Daniella</b> 5:30 BodyPUMP- Stephanie	<b>11</b> 9:00 BodyPUMP- Kathleen 9:30 Spinning— Stephanie 10:45 Yoga—Sylwia(75)
<b>12</b> 9:30 Spinning- Janice <b>10:00-Zumba-Karine</b> 11:15 BodyFLOW- Janice	<b>13</b> 8:30 Spinning-Stephanie(45) <b>8:30 Body Barre-Hanna \$5</b> 9:30 Circuit Training Danielle 10:30 Sr. Weights & More- Danielle 12:00 Pilates- Nicoletta 5:30 AbAttack-Stephanie(30) 5:30 Spinning-Mindy 6:00 BodyPUMP- Stephanie 7:00 Vinyasa Yoga-Sylwia(90)	<b>14</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 Zumba-Karine 12:00 Yoga-Rosanne 5:30 Spinning-Holly 5:30 Zumba!!-Gigi <b>6:30 Body Barre Hanna \$5</b> <b>Happy Valentine's Day!!!!</b>	<b>15</b> 8:30 Spinning-Susie (45) <b>8:30 BarreFusion- Hanna \$5</b> 9:30 Zumba-Gigi 11:00 Golden Girls-Nicoletta 12:00 Pilates w/props- Nicoletta 5:30 Cardio Step-Janice(30) 5:30 Spinning-Mindy 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Janice	<b>16</b> 9:15 BodyPUMP-Janice 10:15 BodyFLOW-Janice 11:30 Sr. Zumba-Nathalia 12:30 YIN YOGA-Hanna <b>4:30 Kids FIT Class (30) \$5</b> 5:15 H.I.I.T Class- Andy 5:30 Spinning-Holly 6:30 VinyasaYoga- Hanna(90)	<b>17</b> <b>8:30 Spinning-Danielle(45)</b> <b>8:30 Body Barre-Hanna\$5</b> 9:30 BOOT CAMP!!-Ginny 10:30 Golden Girls- Sally 12:00 Pilates- <b>Daniella</b> 5:30 BodyPUMP- Stephanie	<b>18</b> 9:00 BodyPUMP- Kathleen 9:30 Spinning-Stephanie <b>10:15 Drums Alive -K</b> <b>10:45 ExtremeStretch- Kathleen</b>
<b>19</b> 9:30 Spinning-Holly <b>10:00- Cardio Step-</b> 11:15 BodyFLOW- <b>Kathleen</b>	<b>20</b> 8:30 Spinning-Stephanie(45) <b>8:30 Body Barre-Hanna \$5</b> 9:30 Circuit Training- Danielle 10:30 Sr. Weights & More- Danielle 12:00 Pilates- Nicoletta 5:30 AbAttack-Stephanie(30) 5:30 Spinning-Mindy 6:00 BodyPUMP- Stephanie 7:00 Vinyasa Yoga-Sylwia(90)	<b>21</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 Zumba-Karine 12:00 Yoga- Rosanne 5:30 Spinning-Holly 5:30 Zumba!!-Gigi <b>6:30 Body Barre- Hanna \$5</b>	<b>22</b> 8:30 Spinning-Susie (45) <b>8:30 Barre Fusion- Hanna \$5</b> 9:30 Zumba-Gigi 11:00 Golden Girls-Nicoletta 12:00 Pilates w/ props- Nicoletta 5:30 Cardio Step-Janice (30) 5:30 Spinning- Mindy 6:00 BodyPUMP-Janice 7:00 BodyFLOW-Janice	<b>23</b> 9:15 BodyPUMP-Janice 10:15 BodyFLOW-Janice 11:30 Sr. Zumba-Nathalia 12:30 YIN YOGA-Hanna <b>4:30 Kids FIT Class (30) \$5</b> 5:15 H.I.I.T Class- Andy 5:30 Spinning- Holly 6:30 VinyasaYoga- Hanna(90)	<b>24</b> <b>8:30 Spinning-Danielle(45)</b> <b>8:30 Body Barre-Hanna\$5</b> 9:30 BOOT CAMP!!-Ginny 10:30 Golden Girls- Sally 12:00 Pilates-Nancy 5:30 BodyPUMP- Stephanie	<b>25</b> 9:00 BodyPUMP- Kathleen 9:30 Spinning— Stephanie 10:45 Yoga—Sylwia(75)
<b>26</b> 9:30 Spinning- Holly <b>10:00-Zumba-Karine</b> 11:15 BodyFLOW- <b>Kathleen</b>	<b>27</b> 8:30 Spinning-Stephanie(45) <b>8:30 Body Barre-Hanna \$5</b> 9:30 Circuit Training- Danielle 10:30 Sr. Weights & More- Danielle 12:00 Pilates- Nicoletta 5:30 AbAttack- Stephanie(30) <b>5:30 Spinning-</b> 6:00 BodyPUMP- Stephanie 7:00 Vinyasa Yoga-Sylwia(90)	<b>28</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 Zumba-Karine 12:00 Yoga- Rosanne 5:30 Spinning-Holly 5:30 Zumba!!-Gigi <b>6:30 Body Barre-Sylvia \$5</b>	<b>29</b> 8:30 Spinning-Susie (45) <b>8:30 BarreFusion-Maria\$5</b> 9:30 Zumba-Gigi 11:00 Golden Girls-Nicoletta 12:00 Pilates w/ props- Nicoletta 5:30 Cardio Step-Janice (30) 5:30 Spinning- <b>Holly</b> 6:00 BodyPUMP-Janice 7:00 BodyFLOW-Janice	<b>Zumba!! with Gigi Tuesdays @ 5:30pm!</b>		<b>*Sub To Be Determined</b> <b>* SUB'd Class</b> <b>* Note Time or Class Change</b>