

FEBRUARY

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<p>Inclement Weather Policy Queen Anne's County School Weather Delays... AM Group Fitness classes that start at 9:30am or after, will be delayed 1 hour (classes that begin before 9:30am & Aqua classes will be on time) Evening classes are not affected. AM Kids club delayed 1 hr</p>	<p>Queen Anne's County School Weather Closings... AM Group Fitness classes & Kids Club are on time. In Extreme weather conditions please call or check facebook for any updates.</p>	<p>PM Group Fitness Classes & Kids Club will be at the discretion of the instructor, please call or check facebook If your child does not attend QAC schools, you may call the club in the morning or call BOE 410.758.2403</p>	<p>*INCLEMENT WEATHER POLICY CHANGED 2/1/25</p>			<p>1 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelli (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>2 9:00am -FIT & SPIN Elise 9am HIIT Val</p>	<p>3 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark</p>	<p>4 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</p>	<p>5 6:00am - Bootcamp Mike 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00p SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith</p>	<p>6 6:00am - S,C,F with TRX Mike L (45 min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)</p>	<p>7 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>8 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Damaris (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>9 9:00am -FIT & SPIN Mark 9am HIIT Val</p>	<p>10 6:00am FIT & SPIN Jen 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L</p>	<p>11 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Jen (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L</p>	<p>12 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith</p>	<p>13 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)</p>	<p>14 HAPPY VALENTINE'S DAY 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>15 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelli (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>16 9:00am - FIT & SPIN Elise 9am HIIT Damaris</p>	<p>17 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris</p>	<p>18 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Jen (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</p>	<p>19 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith</p>	<p>20 6:00am - S,C,F with TRX Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)</p>	<p>21 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>22 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Christin (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>23 9:00am - FIT & SPIN Damaris 9am HIIT Val</p>	<p>24 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark</p>	<p>25 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L</p>	<p>26 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Kelly</p>	<p>27 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Jen (45min spin 15 min pump)</p>	<p>28 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE & BUBBLES Christine</p>	

