



New Leaf *FITNESS and SPA*

newleaffitnessandspa.com

618.707.2400

February Class Schedule

MONDAY

5:30 AM	Mat Pilates	Lauren Loeb
8:15 AM	Row & Strength	Josh DeCausey
5:00 PM	Row & Strength	Josh DeCausey

TUESDAY

8:00 AM	Row & Tone	Hillahnn Jennings
9:00 AM	Young at Heart Steady Strength	Hillahnn Jennings
9:30 AM	YogaFlow	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey
5:30 PM	Zumba	Sara Carroll

WEDNESDAY

5:00 PM	Row & Strength	Josh DeCausey
5:00 PM	Mat Pilates	Lauren Loeb

THURSDAY

8:00 AM	Row & Tone	Hillahnn Jennings
9:00 AM	Young at Heart Steady Strength	Hillahnn Jennings
9:30 AM	Young at Heart Restore Yoga	Valerie Tingley
5:00 PM	Row & Strength	Josh DeCausey
5:15 PM	Zumba	Sara Carroll

FRIDAY

8:00 AM	Express Row	Josh DeCausey
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Saturday