

February 2024 schedule

ENERGY Wellness Center

Energy Wellness Center
(701) 873-5852



SUNDAY

6:00 PM Yoga - 45 Min - Tonia -
No class Feb 25th



cardio

MONDAY

8:30 AM Pilates/ Barre - 60 Min -
Ginger -
8:15 AM Bootcamp - 45-60 Min -
Gym - Stacey - NO CLASS FEB 26
8:30 AM - Barre/Paletes - ONLY
FEB 5 & 12
9:30 AM Senior Fit - 60 Min
10:00 AM - Kids Fit - Amy
11:00 AM TRX - 60 Min - Amy
4:00 PM Yoga - 45 Min - Craig
6:00 PM Strong - 50 Min -
Amanda - NO CLASS FEB 19
7:00 PM Spin - 60 Min - Brian - NO
CLASS FEB. 26

WEDNESDAY

8:15 AM Step/Muscle - 60 Min -
Stacey - NO CLASS FEB 28
11:00 AM TRX - 60 Min - Amy
6:00 PM Strong - 50 Min
Amanda - NO CLASS 21



THURSDAY

6:00 AM Yoga - 35 Min - Tonia -
NO CLASS NOV 29
8:15 AM Spin - 60 min - Stacey - NO
CLASS FEB 29
~~8:30 AM Barre/Paletes~~
CLASS FEB 1ST.
9:30 AM Senior Fit - 60 Min
10:00 AM - Kids Fit - Amy - NO
CLASS FEB 8TH.
11:00 AM Cycle - 60 Min - Amy - NO
CLASS FEB. 8TH.
5:00 PM Yoga - 45 Min - Craig
7:00 PM Strength and Cardio- 60
Min - Brandi - NO CLASS FEB 1ST

TUESDAY

6:00 AM Yoga - 35 Min - Tonia -
NO CLASS FEB. 27TH.
8:15 AM Spin - 60 Min - Gym -
Stacey - NO CLASS FEB 27
~~8:30 AM Barre/Paletes~~
9:30 AM Senior Fit - 60 Min
11:00 AM Cycle - 60 Min - Amy
6:00 PM Muscle Up - 35 Min -
Jacey
7:00 PM Yoga Flow - 60 Min -
Whitney - NO CLASS FEB 6 & 13

FRIDAY

8:15 AM Bootcamp - 45-60
Min - Gym - Stacey - NO
CLASS FEB. 23RD.
9:30 AM Tai Chi Club - Russell

SATURDAY

WATCH
FACEBOOK FOR

POP-UPS
SHAYLA

