



FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Power Yoga 8:30-9:45am February Session Begins	1 Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	2 Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	3 ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	4 Power Yoga 9:00-10:00am Cardio PowerCore 6:00-7:00pm	5 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	6 PowerCore Pilates 9:30-10:30am
7 Power Yoga 8:30-9:45am	8 Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	9 Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	10 ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	11 Power Yoga 9:00-10:00am Cardio PowerCore 6:00-7:00pm	12 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	13 PowerCore Pilates 9:30-10:30am
14 Power Yoga 8:30-9:45am	15 Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	16 Interval Training 9:00-10:00am No Pilates Class 20/20/20 6:15-7:15pm	17 ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	18 Power Yoga 9:00-10:00am Cardio PowerCore 6:00-7:00pm	19 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	20 PowerCore Pilates 9:30-10:30am
21 Power Yoga 8:30-9:45am	22 Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	23 Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	24 ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	25 Power Yoga 9:00-10:00am Cardio PowerCore 6:00-7:00pm	26 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	27 PowerCore Pilates 9:30-10:30am
28 Power Yoga 8:30-9:45am	<p>Gift Certificates are available all year long for monthly memberships or private sessions!</p>					

Fee: \$13.00 for drop-ins; discounts are available for monthly registration and family registration.

~ Ask Kati about private sessions & Yoga birthday parties! ~

Schedule is subject to change; changes/cancellations are announced at class and by email.

Call Kati Mellecker @ 978.464.5717 or visit the website www.katespowerhouse.com