



FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Keep your New Year's Resolutions at Kate's PowerHouse!</p> <p>Ask Kate about private and semi-private sessions.</p>			<p>1</p> <p>ZUMBA! 9:00-10:00am</p> <p>ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:30pm</p>	<p>2</p> <p>Power Yoga 9:00-10:15am</p> <p>Kids Yoga 3:45-4:45pm</p> <p>Interval Training 6:00-7:00pm</p>	<p>3</p> <p>20/20/20 9:00-10:00am</p> <p>Black Light ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:15pm</p>	<p>4</p> <p>PowerCore Pilates 9:30-10:30am</p>
<p>5</p> <p>Power Yoga 8:30-9:45am</p> <p>ZUMBA! 10:30-11:30am</p>	<p>6</p> <p>Power Yoga 9:00-10:15am</p> <p>Interval Training 6:15-7:15pm</p>	<p>7</p> <p>Cardio & Strength 9:00-10:00am</p> <p>Kids Zumba 3:45-4:45pm</p> <p>PowerCore Pilates 5:15-6:00pm</p> <p>20/20/20 6:15-7:15pm</p>	<p>8</p> <p>ZUMBA! 9:00-10:00am</p> <p>ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:30pm</p>	<p>9</p> <p>Power Yoga 9:00-10:15am</p> <p>Kids Yoga 3:45-4:45pm</p> <p>Interval Training 6:00-7:00pm</p>	<p>10</p> <p>20/20/20 9:00-10:00am</p> <p>Black Light ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:15pm</p>	<p>11</p> <p>PowerCore Pilates 9:30-10:30am</p>
<p>12</p> <p>Power Yoga 8:30-9:45am</p> <p>ZUMBA! 10:30-11:30am</p>	<p>13</p> <p>Power Yoga 9:00-10:15am</p> <p>Interval Training 6:15-7:15pm</p>	<p>14</p> <p>Cardio & Strength 9:00-10:00am</p> <p>Kids Zumba 3:45-4:45pm</p> <p>PowerCore Pilates 5:15-6:00pm</p> <p>20/20/20 6:15-7:15pm</p>	<p>15</p> <p>ZUMBA! 9:00-10:00am</p> <p>ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:30pm</p>	<p>16</p> <p>Power Yoga 9:00-10:15am</p> <p>Kids Yoga 3:45-4:45pm</p> <p>Interval Training 6:00-7:00pm</p>	<p>17</p> <p>20/20/20 9:00-10:00am</p> <p>Black Light ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:15pm</p>	<p>18</p> <p>PowerCore Pilates 9:30-10:30am</p>
<p>19</p> <p>Power Yoga 8:30-9:45am</p> <p>ZUMBA! 10:30-11:30am</p>	<p>20</p> <p>Power Yoga 9:00-10:15am</p> <p>Interval Training 6:15-7:15pm</p>	<p>21</p> <p>Cardio & Strength 9:00-10:00am</p> <p>No Kids' Class</p> <p>PowerCore Pilates 5:15-6:00pm</p> <p>20/20/20 6:15-7:15pm</p>	<p>22</p> <p>No Zumba Class</p> <p>ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:30pm</p>	<p>23</p> <p>Power Yoga 9:00-10:15am</p> <p>No Kids' Class</p> <p>Interval Training 6:00-7:00pm</p>	<p>24</p> <p>20/20/20 9:00-10:00am</p> <p>Black Light ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:15pm</p>	<p>25</p> <p>PowerCore Pilates 9:30-10:30am</p>
<p>26</p> <p>Power Yoga 8:30-9:45am</p> <p>ZUMBA! 10:30-11:30am</p>	<p>27</p> <p>Power Yoga 9:00-10:15am</p> <p>Interval Training 6:15-7:15pm</p>	<p>28</p> <p>Cardio & Strength 9:00-10:00am</p> <p>Kids Zumba 3:45-4:45pm</p> <p>PowerCore Pilates 5:15-6:00pm</p> <p>20/20/20 6:15-7:15pm</p>	<p>29</p> <p>ZUMBA! 9:00-10:00am</p> <p>ZUMBA! 5:15-6:15pm</p> <p>Power Yoga 6:15-7:30pm</p>	<p>Join us every Friday for BLACK LIGHT ZUMBA! 5:15-6:15pm</p> <p>Wear WHITE to GLOW in the DARK!</p> <p><u>No experience necessary...no one will see you if you don't know the moves!</u></p>		

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

~ Ask Kati about private sessions & Yoga or Zumba parties! ~

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

Call Kati Mellecker @ 978.514.2193 or visit the website www.katespowerhouse.com