


FEBRUARY 2018

210-C North Gamble St., Shelby, OH 44875 • 419-342-DEVA(3382) • Website: adevafit.com

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



*denotes specialty classes

				1 5:15 am Kickboxing 10:15 am Drumming *5:15 pm Workshop w/Vanessa *7 pm Align Ignite & Transform Workshop	2 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	3 * 8:30 am Align Ignite & Transform Workshop *9:30 am Buti Yoga *10:30 am Zumba Step
4	5 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	6 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 11:15 am Silver Sneaker at Sr. Center (Chair Drumming) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	7 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Yoga 6 pm Kickboxing 7 pm Tabata	8 5:15 am Kickboxing 10:15 am Drumming *5:15 pm Workshop w/Vanessa *7 pm Align Ignite & Transform Workshop	9 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	10 * 8:30 am Align Ignite & Transform Workshop *9:30 am Buti Yoga *10:30 am Zumba Step
11	12 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	13 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 11:15 am Silver Sneaker at Sr. Center (Chair Drumming) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	14  10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Yoga 6 pm Kickboxing 7 pm Tabata Revolution	15 5:15 am Kickboxing 10:15 am Drumming *5:15 pm Workshop w/Vanessa *7 pm Align Ignite & Transform Workshop	16 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	17 * 8:30 am Align Ignite & Transform Workshop *9:30 am Buti Yoga *10:30 am Zumba Step
18	19 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	20 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 11:15 am Silver Sneaker at Sr. Center (Chair Drumming) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	21 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Yoga 6 pm Kickboxing 7 pm Tabata	22 5:15 am Kickboxing 10:15 am Drumming *5:15 pm Workshop w/Vanessa *7 pm Align Ignite & Transform Workshop	23 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	24 * 8:30 am Align Ignite & Transform Workshop *9:30 am Buti Yoga *10:30 am Zumba Step
25	26 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	27 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) 11:15 am Silver Sneaker at Sr. Center (Chair Drumming) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	28 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Yoga 6 pm Kickboxing 7 pm Tabata Revolution			