










# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>NEW Class!!</b>  <b>TRX Circuits</b> Wednesdays 6:00-7:00pm	2  <b>Zumba Kids</b> Feb 2nd-26th #88550	3 Community Open Swim is <b>FREE</b> the first Saturday of every month!
4 <b>FOLLOW US ON</b>   <b>FOR UP TO DATE INFORMATION</b>	5 <b>Kids Yoga is BACK!</b> Mon / Wed 5:15-6:00pm #88390	6 <b>Beginning Climbers</b> 4:30-5:30pm Mondays #89203	7 <b>Intermediate Climbers</b> 4:30-5:30pm Wednesdays #88207	8 Barre Tues/Thurs 5:30-6:30pm	CENTER AT NORPOINT 4818 NASSAU AVE NE, TACOMA <b>DANCE</b> FRIDAY 7-9:30PM February 9th \$7 at the door	10  <b>PIYO</b> 8am
11 Check out our <b>Cascade Hall</b> for your next party!	12 <b>Tiger Tao Karate</b> Mon / Wed 6:00-7:30 #88386	13 <b>Be sweet to someone!</b> Bring a guest for FREE <b>Feb 12-18th &amp; NO setup fee if they join!</b>	14 <b>Happy Valentines Day!</b> 	15 <b>Silver Sneakers</b> 8:30am Tues/Thurs 	16 <b>S.A.I.L. 9am</b> M/W/F	17 <b>NEW Themed Birthday Party Packages have arrived!</b>  Call us for details
18 Community <b>Open Swim</b> 12-2:30pm	19 <b>Rock Wall</b> belay training every Monday & Wednesday By appointment	20 <b>SENIOR YOGA</b> Tue/Thurs 9:15-10:15 <b>Power Yoga</b> 10:30am	21 <b>Lego Robotics!</b> Feb 21-Mar 28 Wednesdays 6-7:30pm 	22 <b>Functional Fitness</b> 5:30-6:30am 9:30-10:30am Tue/Thurs/Fri	23 <b>Group Cycle Circuit</b> 5:30am M/W/F	24  <b>Zumba</b> 9-10am Tues/Thurs/Sat
25 Call us to schedule your <b>FREE</b> Personal Training consultation today!	26 <b>FAB 50 Cycle</b> Mon/Wed 8:15-8:45am	27 <b>Intermediate Yoga</b> 6:30pm Tuesdays	28 <b>Tai Chi</b> Mon/Wed 11-12pm			