

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>N - North Court S - South Court B - Both Courts L - Loft</b>	<b>Open Gym Time in Blue</b>	1 8:30 am Fit and Flex - S 6:15 pm Zumba Toning - S 6:30 pm Yoga - L  6 am to 5:30 pm	2 5:15 am AM Boot Camp - B 9:30 am Power Up - S 6 pm Mini Marathon Training - 118 6:30 pm Adult Volleyball League - B  6:15 am to 5:30 pm	3 8:30 am Fit and Flex - S  6 am to Noon 1:30 to 9 pm	4 8:30 am Pilates Fusion - L Grades K-1 Basketball and Cheerleading - B  <b>NO OPEN GYM</b>
5	6 8:30 am Fit and Flex - S 10 am Pilates Fusion - L 6:15 pm Zumba - S 6:30 pm Line Dancing - 118 6:30 pm Adult Volleyball League - B  6 am to 5:30 pm	7 5:15 am AM Boot Camp - B 6:30 pm Adult Basketball League - B  6:15 am to 5:30 pm	8 8:30 am Fit and Flex - S 6:15 pm Zumba Toning - S 6:30 pm Yoga - L  6 am to 5:30 pm	9 5:15 am AM Boot Camp - B 9:30 am Power Up - S 6 pm Mini Marathon Training - 118 6:30 pm Adult Volleyball League - B  6:15 am to 5:30 pm	10 8:30 am Fit and Flex - S  6 am to Noon 1:30 to 9 pm	11 8:30 am Pilates Fusion - L Grades K-1 Basketball and Cheerleading - B  <b>NO OPEN GYM</b>
12 2 pm Adult Basketball League - B	13 8:30 am Fit and Flex - S 10 am Pilates Fusion - L 6:15 pm Zumba - S 6:30 pm Line Dancing - 118 6:30 pm Adult Volleyball League - B  6 am to 5:30 pm	14 6:30 pm Adult Basketball League - B  6 am to 5:30 pm	15 8:30 am Fit and Flex - S 6:15 pm Zumba Toning - S 6:30 pm Yoga - L  6 am to 5:30 pm	16 9:30 am Power Up - S 6 pm Mini Marathon Training - 118 6:30 pm Adult Volleyball League - B  6 am to 5:30 pm	17 8:30 am Fit and Flex - S 9:15 am Yoga - L  6 am to Noon 1:30 to 9 pm	18 8:30 am Pilates Fusion - L Grades K-1 Basketball and Cheerleading - B  <b>NO OPEN GYM</b>
19 2 pm Adult Basketball League - B	20 8:30 am Fit and Flex - S 10 am Pilates Fusion - L 6:15 pm Zumba - S 6:30 pm Line Dancing - 118 6:30 pm Adult Volleyball League - B  6 am to 5:30 pm	21 5:15 am AM Boot Camp - B 6:30 pm Adult Basketball League - B  6:15 am to 5:30 pm	22 8:30 am Fit and Flex - S 6:15 pm Zumba Toning - S 6:30 pm Yoga - L  6 am to 5:30 pm	23 5:15 am AM Boot Camp - B 9:30 am Power Up - S 6 pm Mini Marathon Training - Upstairs Lobby A 6:30 pm Adult Volleyball League - B  6:15 am to 5:30 pm	24 8:30 am Fit and Flex - S 9:15 am Yoga - L  6 am to Noon 1:30 to 9 pm	25 8:30 am Pilates Fusion - L Grades K-1 Basketball and Cheerleading - B  <b>NO OPEN GYM</b>
26 2 pm Adult Basketball League - B	27 8:30 am Fit and Flex - S 10 am Pilates Fusion - L 6:15 pm Zumba - S 6:30 pm Line Dancing - 118 6:30 pm Adult Volleyball League - B  6 am to 5:30 pm	28 5:15 am AM Boot Camp - B 6:30 pm Adult Basketball League - B  6:15 am to 5:30 pm	29 8:30 am Fit and Flex - S 6:15 pm Zumba Toning - S 6:30 pm Yoga - L  6 am to 5:30 pm			

# FEBRUARY 2012

*It's more than a game...*

*The purpose of Sports and Fitness at Connection Pointe is  
to provide an environment to Connect People to Jesus and Each Other.*

**Questions?**

**Email [SportsFitness@cpcweb.org](mailto:SportsFitness@cpcweb.org)**