

# Girls on the Go

## You just got passed by a girl.

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### 2012 PPBC STUDIO FITNESS SCHEDULE February, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>29</b> 8am GOTG Kingston 33 Summer Street. If inclement weather we will meet inside at PPBC.	<b>30</b> 5am Body Sculpting with Tara 9am Tabata with Margo 345pm Boot Camp with Tammy *	<b>31</b> 5am Cardio Burn with Erin	<b>1</b> 5am Body Sculpting with Tara 345pm Boot Camp with Tammy * 7pm Coach to 5k by Erin and Experts (Week One)	<b>2</b> 5am Cardio Burn with Erin 7pm Tabata with Margo	<b>3</b> 9:30 GOTG walk/run 7pm Art of Flirtification Benefit	<b>4</b> 8am Iron Tabata/Cardio Burn (90 minute class) 7pm Art of Flirtification Benefit
<b>5</b> 8am GOTG Kingston 33 Summer Street. If inclement weather we will meet inside at PPBC.	<b>6</b> 5am Body Sculpting with Tara 9am Tabata with Margo 12:15 Chair Affair by Erin (30 minute Class) 345pm Boot Camp with Tammy * 5pm ABC Yoga with Paula	<b>7</b> 5am Cardio Burn with Erin 9am Zumba with Jennifer 345pm Boot Camp with Tammy * 7pm* Tabata w/Margo at Bayside Runner	<b>8</b> 5am Body Sculpting with Tara 345 pm* Boot Camp with Tammy 7pm Coach to 5k by Erin and Experts (Week Two)	<b>9</b> 5am Cardio Burn with Erin 9am Zumba with Jennifer 545-645 pm Body Evolver Yoga by Tara* 7pm Tabata with Margo	<b>10</b> 9:30 GOTG walk/run 1215 Chair Affair by Erin (30 minute class)	<b>11</b> 8am Iron Tabata/Cardio Burn (90 minute class) 1045 Moderate Yoga by Paula

<p><b>12</b> 8am GOTG Kingston 33 Summer Street. If inclement weather we will meet inside at PPBC.</p>	<p><b>13</b> 5am Body Sculpting with Tara  9am Tabata with Margo  12:15 Chair Affair by Erin (30 minute Class)  5pm ABC Yoga with Paula</p>	<p><b>14</b> 5am Cardio Burn with Erin  9am Zumba with Jennifer  7pm* Tabata w/Margo at Bayside Runner</p>	<p><b>15</b> 5am Body Sculpting with Tara  345 Boot Camp with Tammy *  7pm Coach to 5k by Erin and Experts (Week Three)</p>	<p><b>16</b> 5am Cardio Burn with Erin  9am Zumba with Jennifer  345 -Boot Camp with Tammy *  545-645 pm Body Evolver Yoga by Tara*  7pm Tabata with Margo</p>	<p><b>17</b> 9:30 GOTG walk/run  1215 Chair Affair by Erin (30 minute class)</p>	<p><b>18</b> 8am Iron Tabata/Cardio Burn (90 minute class)  1045 Moderate Yoga by Paula</p>
<p><b>19</b> 8am GOTG Kingston 33 Summer Street. If inclement weather we will meet inside at PPBC.</p>	<p><b>20</b> 5am Body Sculpting with Tara  9am Tabata with Margo  12:15 Chair Affair by Erin (30 minute Class)  5pm ABC Yoga with Paula</p>	<p><b>21</b> 5am Cardio Burn with Erin  9am Zumba with Jennifer  7pm* Tabata w/Margo at Bayside Runner</p>	<p><b>22</b> 5am Body Sculpting with Tara  7pm Coach to 5k by Erin and Experts (Week Four)  <b>CPR Training - Time TBA</b>  <b>Night Classes contingent on CPR training.</b></p>	<p><b>23</b> 5am Cardio Burn with Erin  9am Zumba with Jennifer  545-645pm Body Evolver Yoga by Tara*  7pm Tabata with Margo</p>	<p><b>24</b> 9:30 GOTG walk/run  1215 Chair Affair by Erin (30 minute class)</p>	<p><b>25</b> 8am Iron Tabata/Cardio Burn (90 minute class)  1045 Moderate Yoga by Paula</p>
<p><b>26</b> 8am GOTG Kingston 33 Summer Street. If inclement weather we will meet inside at PPBC.</p>	<p><b>27</b> 5am Body Sculpting with Tara  9am Tabata with Margo  12:5 Chair Affair by Erin (30 minute Class)  345pm Boot Camp with Tammy *</p>	<p><b>28</b> 5am Cardio Burn with Erin  9am Zumba with Jennifer  345 Boot Camp with Tammy *  7pm* Tabata w/Margo at Bayside Runner</p>	<p><b>29</b> 5am Body Sculpting with Tara  7pm Coach to 5k by Erin and Experts (Week 5)</p>			

\* - Women supporting Women - denotes a class GOTG supports but is not part of our programs at the