



Fitness Studio Calendar February 2024

Got questions
252-354-6350
www.emeraldisle-nc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Yearly Memberships:</u> EI Taxpayer Ind. \$150 EI Taxpayer Family \$200 Non-Resident Ind. \$350 Non-Resident Family \$500</p>				<p>1 Step Aerobics 8am Yoga 9:00am (gym) Chair Yoga 10:30am</p> <p>Shotokan Karate 6:30pm-7:30pm</p>	<p>2 Fab, Fit + Fun 8am (gym) Yoga 9:15am</p>	<p>3 Gentle Yoga 9am Shotokan Karate 10:15am -12:15pm</p>
<p><u>Short-term Memberships:</u> <u>Per person:</u> Daily \$10 Weekly \$30 Monthly \$50</p>	<p>5 Fab, Fit + Fun, 8am (gym) Yoga 9:15 Chair Yoga 10:30am LunchTime H.I.I.T. 12:00pm Tabata 5:30pm</p>	<p>6 20/20/20 8am Intermediate Yoga 9:30am</p> <p>Tabata 5:30pm Shotokan Karate 6:30pm-7:30pm</p>	<p>7 Zumba® 8am Pound® 9:30 LunchTime H.I.I.T. 12:00pm</p>	<p>8 Step Aerobics 8am Yoga 9:00am (gym) Chair Yoga 10:30am</p> <p>Shotokan Karate 6:30pm-7:30pm</p>	<p>9 Fab, Fit + Fun 8am (gym) Yoga 9:15am</p> <p>LunchTime H.I.I.T. 12:00pm</p>	<p>10 Gentle Yoga 9am Shotokan Karate 10:15am-12:15pm</p>
<p><u>Aerobics:</u> \$1 Members \$5 Non-members <u>Gentle Yoga & Yoga:</u> \$2 Members \$7 Non-members</p>	<p>12 Fab, Fit + Fun, 8am (gym) Yoga 9:15 Chair Yoga 10:30am LunchTime H.I.I.T. 12:00pm Tabata 5:30pm</p>	<p>13 20/20/20 8am Intermediate Yoga 9:30am</p> <p>Tabata 5:30pm Shotokan Karate 6:30pm-7:30pm</p>	<p>14 Zumba® 8am Pound® 9:30 LunchTime H.I.I.T. 12:00pm</p> <p style="text-align: center;"></p>	<p>15 Step Aerobics 8am Yoga 9:00am (gym) Chair Yoga 10:30am</p> <p>Shotokan Karate 6:30pm-7:30pm</p>	<p>16 Fab, Fit + Fun 8am (gym) Yoga 9:15am</p> <p>LunchTime H.I.I.T. 12:00pm</p>	<p>17 Gentle Yoga 9am Shotokan Karate 10:15am -12:15pm</p>
<p><u>Shotokan Karate:</u> \$5 Members \$10 Non-members</p>	<p>19 Fab, Fit + Fun, 8am (gym) Yoga 9:15 Chair Yoga 10:30am LunchTime H.I.I.T. 12:00pm Tabata 5:30pm</p>	<p>20 20/20/20 8am Intermediate Yoga 9:30am Tabata 5:30pm</p> <p>Shotokan Karate 6:30pm-7:30pm</p>	<p>21 Zumba® 8am Pound® 9:30 LunchTime H.I.I.T. 12:00pm</p>	<p>22 Step Aerobics 8am Yoga 9:00am (gym) Chair Yoga 10:30am</p> <p>Shotokan Karate 6:30pm-7:30pm</p>	<p>23 Fab, Fit + Fun 8am (gym) Yoga 9:15am</p> <p>LunchTime H.I.I.T. 12:00pm</p>	<p>24 Gentle Yoga 9am Shotokan Karate 10:15am -12:15pm</p>
<p><u>Hours of Operation:</u> Mon-Fri 7:30am-7:30pm Sat. 8:30am-3pm Sun. closed Rev. 2/2/2024</p>	<p>26 Fab, Fit + Fun, 8am (gym) Yoga 9:15 Chair Yoga 10:30am LunchTime H.I.I.T. 12:00pm Tabata 5:30pm</p>	<p>27 20/20/20 8am Intermediate Yoga 9:30am</p> <p>Tabata 5:30pm Shotokan Karate 6:30pm-7:30pm</p>	<p>28 Zumba® 8am Pound® 9:30 LunchTime H.I.I.T. 12:00pm</p>	<p>29 Step Aerobics 8am Yoga 9:00am (gym) Chair Yoga 10:30am</p> <p>Shotokan Karate 6:30pm-7:30pm</p>		