

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM *YOGABURN - Jen 10:30 AM *GENTLE YOGA - Gerri 11:30 AM MUSCLEWORKS - Val	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Caitlin 12:00 PM *PILATES - Andrea	5:30 AM STEPJAM - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT™ - Laurie 10:30 AM *YOGA - Gerri 11:30 AM MUSCLEWORKS - Val 11:45 AM *RPM™ CYCLE - Lela	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie	5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM *RPM™CYCLE - Lela	8:30 AM *RPM™ CYCLE - Nicole 9:00 AM POUND™Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Brian 10:00 AM MUSCLEWORKS - Susan 10:00 AM *YOGA - Inarid
4:30 PM **TRX™ Interval Training - Vanessa 4:30 PM STEPJAM - Katrina 4:30 PM *BODYBARRE - Ryann 5:30 PM AQUA Strength Circuits - Kylie 5:30 PM **BODYATTACK Express(45 min)-Amber 5:30 PM BODYPOWER - Katrina 5:30 PM *RPM™ CYCLE - Jennifer K. 6:30 PM *GENTLE YOGA - Gerri 7:00 PM **TAE KWON DO(ages 13-adult) - Jeffrev	4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Vanessa 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Katrina 5:30 PM *RPM™ CYCLE - Nicole	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrev 4:30 PM PILOXING™ - Jen 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM *YOGA - Anita 5:30 PM AQUA STEP & SCULPT - Brittny 5:30 PM BODYPOWER - Chris	4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM **BODYATTACK™ - Amber 5:30 PM *RPM™ CYCLE - Brittny 6:00 PM POUND™Class - Pam C.	4:30 PM BODYPOWER - Chris 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Anael 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrev 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrev	1:30 PM HIT the BARRI - Candice 1:30 PM *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Brian
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM *YOGABURN - Jen 10:30 AM *GENTLE YOGA - Gerri 11:30 AM MUSCLEWORKS - Susan	5:30 AM BODYPUMP™ - Amber 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Caitlin 12:00 PM *PILATES - Andrea	5:30 AM BODYATTACK™ - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT™ - Laurie 10:30 AM *YOGA - Gerri 11:30 AM MUSCLEWORKS - Susan 11:45 AM *RPM™ CYCLE - Val	5:30 AM BODYPUMP™ - Jennifer K. 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie	5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUA FIT Deep - Robyn 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM *RPM™CYCLE - Lela	8:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM POUND™Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Vanessa 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Inarid
4:30 PM **TRX™ Interval Training - Vanessa 4:30 PM STEPJAM - Laurie 4:30 PM *BODYBARRE - Ryann 5:30 PM AQUA Strength Circuits - Kylie 5:30 PM **INSANITY™(45 minutes) - Robert 5:30 PM BODYPOWER - Chris 5:30 PM *RPM™ CYCLE - Susan 6:30 PM *GENTLE YOGA - Gerri 7:00 PM **TAE KWON DO(ages 13-adult) - Jeffrev	4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Chris 5:30 PM *RPM™ CYCLE - Nicole	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrev 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM *YOGA - Anita 5:30 PM AQUA STEP & SCULPT - Brittny 5:30 PM BODYPOWER - Chris	4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM **BODYATTACK™ - Amber 5:30 PM *RPM™ CYCLE - Susan 6:00 PM POUND™Class - Pam C.	4:30 PM BODYPOWER - Tasha 5:30 PM *POWER YOGA - Kaelie 5:30 PM ZUMBA™ - Anael 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrev 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrev	1:30 PM P90X LIVE™ - Abigail 1:30 PM *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Brian
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM *YOGABURN - Kaelie 10:30 AM *GENTLE YOGA - Gerri 11:30 AM MUSCLEWORKS - Susan	5:30 AM BODYPUMP™ New Release! - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Kathleen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Caitlin 12:00 PM *PILATES - Andrea 4:30 PM *YOGABURN - Gloria 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Sasha	5:30 AM STEPJAM - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT™ - Laurie 10:30 AM *YOGA - Gerri 11:30 AM MUSCLEWORKS - Susan 11:45 AM *RPM™ CYCLE - Val	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie	5:30 AM *RPM™ CYCLE - Nicole 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM *RPM™CYCLE - Nicole	8:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM POUND™Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Caitlin 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Inarid
4:30 PM **TRX™ Interval Training - Vanessa 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Ryann 5:30 PM AQUA Strength Circuits - Jillion 5:30 PM **INSANITY™(45 minutes) - Robert 5:30 PM BODYPOWER - Chris 5:30 PM *RPM™ CYCLE - Susan 6:30 PM *GENTLE YOGA - Gerri 7:00 PM **TAE KWON DO(ages 13-adult) - Jeffrev	5:30 PM *RPM™ CYCLE - Nicole	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrev 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM *YOGA - Anita 5:30 PM AQUA STEP & SCULPT - Jillion 5:30 PM BODYPOWER - Gloria	4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM **BODYATTACK™ - Jennifer D. 5:30 PM *RPM™ CYCLE - Susan 6:00 PM POUND™Class - Pam C.	4:30 PM BODYPOWER - Tasha 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Anael 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrev 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrev	1:30 PM Happy Easter. No classes today.
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM *YOGABURN - Jen 10:30 AM *GENTLE YOGA - Gerri 11:30 AM MUSCLEWORKS - Susan	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Caitlin 12:00 PM *PILATES - Andrea	5:30 AM BODYATTACK™ - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT™ - Laurie 10:30 AM *YOGA - Gerrie 11:30 AM MUSCLEWORKS - Susan 11:45 AM *RPM™ CYCLE - Val	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie	5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM *RPM™CYCLE - Lela	8:30 AM *RPM™ CYCLE - Lela 9:00 AM POUND™Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Caitlin 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Inarid
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4:30 PM **TRX™ Interval Training - Vanessa 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Ryann 5:30 PM AQUA Strength Circuits - Jillion 5:30 PM **INSANITY™(45 minutes) - Robert 5:30 PM BODYPOWER - Laurie 5:30 PM *RPM™ CYCLE - NEW RELEASE! Join Jennifer, Susan & Val for RPM™ Release 82! 6:30 PM *GENTLE YOGA - Gerri 7:00 PM **TAE KWON DO(ages 13-adult) - Jeffrev	4:30 PM *YOGABURN - Gloria 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Chris 5:30 PM *RPM™ CYCLE - Nicole	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrev 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM *YOGA - Anita 5:30 PM AQUA STEP & SCULPT - Jillion 5:30 PM BODYPOWER - Laurie	4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan 6:00 PM POUND™Class - Pam C.	4:30 PM BODYPOWER - Tasha 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Anael 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrev 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrev	1:30 PM BODYFIT - Lita 1:30 PM *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian



Join us at 5:30pm for BodyAttack Release 103!

This class is FREE to the public & it's gonna be amazing!!

Join Val for this special BOOT CAMP CHALLENGE CLASS!