

Monday Tuesday Wednesday Thursday Friday Saturday & Sunday

The basketball courts and Room B will be closed August 5th - 9th for floor resurfacing. Classes normally held in these areas will be relocated whenever possible. Some classes will be cancelled during this time. Please look over the schedule to see where your favorite classes will be held on these dates.

<p>5:30 AM **TRX BOOT CAMP™ - NO CLASS</p> <p>5:30 AM *RPM™ CYCLE - NO CLASS</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>9:30 AM NEW BODYFIT - Jen</p> <p>Start upstairs on the track for a walk/run workout followed by strength training & foam roller flexibility training in Room A.</p> <p>10:30 AM GENTLE YOGA (Room A) - Gerri</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>4:30 PM **TRX™BODYFIT - NO CLASS</p> <p>4:30 PM STEPJAM - Gloria</p> <p>4:30 PM *BODYBARRE - NO CLASS</p> <p>5:30 PM TabAQUA QUICKIES - Brittny</p> <p>5:30 PM **INSANITY™(45 minutes)-NO CLASS</p> <p>5:30 PM BODYPOWER - Chris</p> <p>5:30 PM *RPM™ CYCLE - NO CLASS</p> <p>6:30 PM GENTLE YOGA (Room A) - Gerri</p> <p>7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning- Gavle</p> <p>9:00 AM AQUA ZUMBA™ - Jen</p> <p>11:30 AM BOOT CAMP (meet in the lobby)-Val</p> <p>11:30 AM BODYPOWER - Caitlin</p> <p>12:00 PM *PILATES - NO CLASS</p> <p>4:30 PM *YOGABURN - NO CLASS</p> <p>4:30 PM MUSCLEWORKS - Susan</p> <p>5:30 PM ZUMBA™ - Beatriz</p> <p>5:30 PM **BODYATTACK™ - NO CLASS</p> <p>5:30 PM *RPM™ CYCLE - NO CLASS</p>	<p>5:30 AM BODYATTACK™ - Katrina</p> <p>9:00 AM AQUA Strength Circuits - Beatriz</p> <p>9:30 AM BODYFIT - Laurie</p> <p>10:30 AM YOGA (Room A) - Gerri</p> <p>11:30 AM MUSCLEWORKS - Caroline</p> <p>11:45 AM *RPM™ CYCLE - NO CLASS</p> <p>4:30 PM *TAE KWON DO (ages 4-12)-NO CLASS</p> <p>4:30 PM PILOXING™ - Tasha</p> <p>5:30 PM **TRX BOOT CAMP™ - NO CLASS</p> <p>5:30 PM *YOGA - NO CLASS</p> <p>5:30 PM TabAQUA QUICKIES - Brittny</p> <p>5:30 PM BODYPOWER - Gloria</p> <p>6:30 PM WERO Dance Fitness - Karissa</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning-Samantha</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - NO CLASS</p> <p>5:30 PM BODYATTACK™ - EXPRESS(Room A)-Amber</p> <p>5:30 PM *RPM™ CYCLE - NO CLASS</p> <p>6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM *RPM™ CYCLE - Jennifer</p> <p>9:00 AM AQUAFIT Deep - Robyn</p> <p>9:30 AM STEP JAM - Laurie</p> <p>10:30 AM MUSCLEWORKS - Pennv</p> <p>10:30 AM NEW YOGA - Anita</p> <p>11:45 AM *RPM™CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Gloria</p> <p>5:30 PM *POWER YOGA - Pam T.</p> <p>5:30 PM ZUMBA™ - Anael</p> <p>6:30 PM **TAE KWON DO(ages 4-12) - Jeffrey</p> <p>6:30 PM **TAE KWON DO (age 13-adult)-Jeffrey</p>	<p>Saturday</p> <p>8:30 AM *RPM™ CYCLE - Lela</p> <p>9:00 AM POUND™Class - Pam C.</p> <p>10:00 AM MUSCLEWORKS - Susan</p> <p>10:00 AM *YOGA - Emily</p> <p>Sunday</p> <p>1:30 PM HIT the BARRE - Candice</p> <p>1:30 PM *YOGA - Pam T.</p> <p>1:30 PM ** BOOT CAMP - Trent</p>
<p>5:30 AM **TRX BOOT CAMP™ - Brian</p> <p>5:30 AM *RPM™ CYCLE - Caitlin</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>9:30 AM NEW BODYFIT - Jen</p> <p>10:30 AM GENTLE YOGA - Gerri</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>4:30 PM **TRX™BODYFIT - Vanessa</p> <p>4:30 PM STEPJAM - Katrina</p> <p>4:30 PM *BODYBARRE - Ryann</p> <p>5:30 PM TabAQUA QUICKIES - Robyn</p> <p>5:30 PM **INSANITY™(45 minutes) - Robert</p> <p>5:30 PM BODYPOWER - Chris</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:30 PM *GENTLE YOGA - Gerri</p> <p>7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning- Gavle</p> <p>9:00 AM AQUA ZUMBA™ - Jen</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Gerri</p> <p>12:00 PM *PILATES - Andrea</p> <p>4:30 PM *YOGABURN - Gloria</p> <p>4:30 PM MUSCLEWORKS - Susan</p> <p>5:30 PM ZUMBA™ - Beatriz</p> <p>5:30 PM **BODYATTACK™ - Chris</p> <p>5:30 PM *RPM™ CYCLE - Nicole</p>	<p>5:30 AM STEPJAM - Katrina</p> <p>9:00 AM AQUA Strength Circuits - Beatriz</p> <p>9:30 AM BODYFIT - Laurie</p> <p>10:30 AM *YOGA - Gerri</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12)-NO CLASS</p> <p>4:30 PM PILOXING™ - Jen</p> <p>4:30 PM **TRX BOOT CAMP™ - Brian</p> <p>5:30 PM *YOGA - Anita</p> <p>5:30 PM TabAQUA QUICKIES - Staff</p> <p>5:30 PM BODYPOWER - Gloria</p> <p>6:30 PM WERO Dance Fitness - Karissa</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning-Samantha</p> <p>9:00 AM AQUA Fit & Flexible - Beatriz</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Gloria</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM *RPM™ CYCLE - Jennifer</p> <p>9:00 AM AQUAFIT Deep - Robyn</p> <p>9:30 AM STEP JAM - Laurie</p> <p>10:30 AM MUSCLEWORKS - Caroline</p> <p>10:30 AM NEW YOGA - Anita</p> <p>11:45 AM *RPM™CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Gloria</p> <p>5:30 PM *POWER YOGA - Pam T.</p> <p>5:30 PM ZUMBA™ - Anael</p> <p>6:30 PM **TAE KWON DO(ages 4-12) - Jeffrey</p> <p>6:30 PM **TAE KWON DO (age 13-adult)-Jeffrey</p>	<p>Saturday</p> <p>8:30 AM *RPM™ CYCLE - Jennifer K.</p> <p>9:00 AM POUND™Class - Pam C.</p> <p>10:00 AM MUSCLEWORKS - Lita</p> <p>10:00 AM *YOGA - Emily</p> <p>Sunday</p> <p>1:30 PM KICK & SCULPT - Lita</p> <p>1:30 PM *YOGA - Anita</p> <p>1:30 PM ** BOOT CAMP - Trent</p>
<p>5:30 AM **TRX BOOT CAMP™ - Brian</p> <p>5:30 AM *RPM™ CYCLE - Caitlin</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>9:30 AM NEW BODYFIT - Jen</p> <p>10:30 AM GENTLE YOGA - Gerri</p> <p>11:30 AM MUSCLEWORKS - Caroline</p> <p>4:30 PM **TRX™BODYFIT - Vanessa</p> <p>4:30 PM STEPJAM - Gloria</p> <p>4:30 PM *BODYBARRE - Ryann</p> <p>5:30 PM TabAQUA QUICKIES - Staff</p> <p>5:30 PM **INSANITY™(45 minutes) - Robert</p> <p>5:30 PM BODYPOWER - Chris</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:30 PM *GENTLE YOGA - Gerri</p> <p>7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning- Gavle</p> <p>9:00 AM AQUA ZUMBA™ - Jen</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Caitlin</p> <p>12:00 PM *PILATES - Andrea</p> <p>4:30 PM *YOGABURN - Gloria</p> <p>4:30 PM MUSCLEWORKS - Susan</p> <p>5:30 PM ZUMBA™ - Jen</p> <p>5:30 PM **BODYATTACK™ - Katrina</p> <p>5:30 PM *RPM™ CYCLE - Nicole</p>	<p>5:30 AM BODYATTACK™ - Katrina</p> <p>9:00 AM AQUA Strength Circuits - Kathleen</p> <p>9:30 AM BODYFIT - Laurie</p> <p>10:30 AM *YOGA - Gerrie</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey</p> <p>4:30 PM PILOXING™ - Tasha</p> <p>4:30 PM **TRX BOOT CAMP™ - Brian</p> <p>5:30 PM *YOGA - Anita</p> <p>5:30 PM TabAQUA QUICKIES - Staff</p> <p>5:30 PM BODYPOWER - Gloria</p> <p>6:30 PM WERO Dance Fitness - Karissa</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning-Samantha</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Gloria</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM *RPM™ CYCLE - Jennifer</p> <p>9:00 AM AQUAFIT Deep - Robyn</p> <p>9:30 AM STEP JAM - Laurie</p> <p>10:30 AM MUSCLEWORKS - Pennv</p> <p>10:30 AM NEW YOGA - Anita</p> <p>11:45 AM *RPM™CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Gloria</p> <p>5:30 PM *POWER YOGA - Pam T.</p> <p>5:30 PM ZUMBA™ - Anael</p> <p>6:30 PM **TAE KWON DO(ages 4-12) - Jeffrey</p> <p>6:30 PM **TAE KWON DO (age 13-adult)-Jeffrey</p>	<p>Saturday</p> <p>8:30 AM *RPM™ CYCLE - Nicole</p> <p>9:00 AM POUND™Class - Pam C.</p> <p>10:00 AM MUSCLEWORKS - Lita</p> <p>10:00 AM *YOGA - Emily</p> <p>Sunday</p> <p>1:30 PM STEPJAM - Katrina</p> <p>1:30 PM *YOGA - Pam T.</p> <p>1:30 PM ** BOOT CAMP - Trent</p>
<p>5:30 AM **TRX BOOT CAMP™ - Brian</p> <p>5:30 AM *RPM™ CYCLE - Nicole</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>9:30 AM NEW BODYFIT - Jen</p> <p>10:30 AM GENTLE YOGA - Gerri</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>4:30 PM **TRX™BODYFIT - Vanessa</p> <p>4:30 PM STEPJAM - Gloria</p> <p>4:30 PM *BODYBARRE - Ryann</p> <p>5:30 PM TabAQUA QUICKIES - Staff</p> <p>5:30 PM **INSANITY™(45 minutes) - Robert</p> <p>5:30 PM BODYPOWER - New Release</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:30 PM *GENTLE YOGA - Gerri</p> <p>7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p> <p>Join us for NEW RELEASE 33!</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning- Gavle</p> <p>9:00 AM AQUA ZUMBA™ - Jen</p> <p>11:30 AM **BOOT CAMP CHALLENGE - Val</p> <p>11:30 AM Join Val for this special BOOT CAMP CHALLENGE CLASS!</p> <p>11:30 AM BODYPOWER - Caitlin</p> <p>12:00 PM *PILATES - Andrea</p> <p>4:30 PM *YOGABURN - Gloria</p> <p>4:30 PM MUSCLEWORKS - Susan</p> <p>5:30 PM ZUMBA™ - Beatriz</p> <p>5:30 PM **BODYATTACK™ - Katrina</p> <p>5:30 PM *RPM™ CYCLE - Nicole</p>	<p>5:30 AM STEPJAM - Katrina</p> <p>9:00 AM AQUA Strength Circuits - Beatriz</p> <p>9:30 AM BODYFIT - Laurie</p> <p>10:30 AM *YOGA - Gerri</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey</p> <p>4:30 PM PILOXING™ - Tasha</p> <p>4:30 PM **TRX BOOT CAMP™ - Brian</p> <p>5:30 PM *YOGA - Anita</p> <p>5:30 PM TabAQUA QUICKIES - Staff</p> <p>5:30 PM BODYPOWER - Laurie</p> <p>6:30 PM WERO Dance Fitness - Karissa</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning-Samantha</p> <p>9:00 AM AQUA Fit & Flexible - Robyn</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Laurie</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Amber</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM *RPM™ CYCLE - Nicole</p> <p>9:00 AM AQUAFIT Deep - Robyn</p> <p>9:30 AM STEP JAM - Katrina</p> <p>10:30 AM MUSCLEWORKS - Caroline</p> <p>10:30 AM NEW YOGA - Anita</p> <p>11:45 AM *RPM™CYCLE - Lela</p> <p>12:00 PM Intro to Musleworkss - Brian</p> <p>Try this 30-minute Musleworkss Class!!</p> <p>4:30 PM BODYPOWER - Tasha</p> <p>5:30 PM *POWER YOGA - Kaelie</p> <p>5:30 PM ZUMBA™ - Anael</p> <p>6:30 PM **TAE KWON DO(ages 4-12) - Jeffrey</p> <p>6:30 PM **TAE KWON DO (age 13-adult)-Jeffrey</p>	<p>Saturday</p> <p>8:30 AM *RPM™ CYCLE - Susan</p> <p>9:00 AM POUND™Class - Pam C.</p> <p>10:00 AM MUSCLEWORKS - Lita</p> <p>10:00 AM *YOGA - Emily</p>