

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Join us for these special classes in February:</p> <p>BODYFIT- Every Wednesday at 9:30am on the track</p> <p>STEPJAM Release 33 - Monday, February 18th at 4:30pm</p> <p>BODYPOWER Release 31 - Monday, February 25th at 5:30pm</p> <p>BOOT CAMP CHALLENGE- Tuesday, February 26th at 11:30am</p>				<p>5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM</p> <p>*RPM™ CYCLE - Caitlin AQUAFIT Deep - Kylie STEP JAM - Laurie MUSCLEWORKS - Pennv *RPM™ CYCLE - Lela</p>	<p>8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM</p> <p>*RPM™ CYCLE - Susan POUND™ Class - Pam C. **TRX™ Tabata Boot Camp - Brian MUSCLEWORKS - Lita *YOGA - Inarid</p>
				<p>4:30 PM 5:30 PM 5:30 PM 6:30 PM</p> <p>BODYPOWER - Tasha *POWER YOGA - Kaelie ZUMBA™ - Anael **TAE KWON DO(ages 4-12) - Jeffrev **TAE KWON DO (age 13-adult)- Jeffrev</p>	<p>1:30 PM 1:30 PM 1:30 PM</p> <p>KICK & SCULPT - Lita ** BOOT CAMP - Brian</p>
<p>5:30 AM 5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM</p> <p>**TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Brittnv AQUA Fit & Flexible - Robvn *YOGABURN - Jen *GENTLE YOGA - Gerri MUSCLEWORKS - Pennv</p>	<p>5:30 AM 5:30 AM 9:00 AM 9:30 AM 11:30 AM 11:30 AM 12:00 PM</p> <p>BODYPUMP™ - Rebekah Stroke Work/Conditionina - Gavle AQUA ZUMBA™ - Jen **BOOT CAMP - Val BODYPOWER - Caitlin *PILATES - Andrea</p>	<p>5:30 AM 9:00 AM 9:30 AM</p> <p>BODYATTACK™ - Katrina AQUA Strength Circuits - Kathleen NEW BODYFIT - Laurie</p> <p>Join Laurie upstairs on the track for 20 minutes of interval walking followed by 20 minutes of strength & conditioning and 15 minutes of balance & flexibility training in Room B.</p> <p>10:30 AM 11:30 AM 11:45 AM</p> <p>*YOGA - Gerri MUSCLEWORKS - Susan *RPM™ CYCLE - Val *TAE KWON DO (ages 4-12) - Jeffrev PILOXING™ - Tasha **TRX BOOT CAMP™ - Brian NEW AQUA STEP & SCULPT - Jillian BODYPOWER - Chris</p>	<p>5:30 AM 5:30 AM 9:00 AM 9:00 AM 11:30 AM 11:30 AM</p> <p>BODYPUMP™ - Rebekah Stroke Work/Conditionina - Gavle AQUA Fit & Flexible - Robvn **BOOT CAMP - Val BODYPOWER - Laurie</p>	<p>5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM</p> <p>*RPM™ CYCLE - Brittnv AQUAFIT Deep - Kylie STEP JAM - Laurie MUSCLEWORKS - Pennv *RPM™ CYCLE - Lela</p>	
<p>4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM</p> <p>**TRX™ Interval Training - Vanessa STEPJAM - Gloria *BODYBARRE - Rvann AQUA STEP & SCULPT - Jillion **INSANITY™(45 minutes) - Robert BODYPOWER - Laurie *RPM™ CYCLE - Susan *GENTLE YOGA - Gerri **TAE KWON DO(ages 13-adult)- Jeffrev</p>	<p>4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM</p> <p>*YOGABURN - Jen MUSCLEWORKS - Susan ZUMBA™ College Night - Sasha **BODYATTACK™ - Chris *RPM™ CYCLE - Nicole</p>	<p>5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:45 AM</p> <p>STEPJAM - Katrina AQUA Strength Circuits - Kathleen NEW BODYFIT - Laurie *YOGA - Gerri MUSCLEWORKS - Susan *RPM™ CYCLE - Val</p>	<p>4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM</p> <p>STEPJAM - Caitlin *BODYBARRE - Candice **BODYATTACK™ - Chris *RPM™ CYCLE - Susan POUND™ Class - Pam C.</p>	<p>4:30 PM 5:30 PM 5:30 PM 6:30 PM</p> <p>BODYPOWER - Tasha *POWER YOGA - Kaelie ZUMBA™ - Anael **TAE KWON DO(ages 4-12) - Jeffrev **TAE KWON DO (age 13-adult)- Jeffrev</p>	<p>1:30 PM 1:30 PM 1:30 PM</p> <p>HIT the BARRE - Candice *YOGA - Kaelie ** BOOT CAMP - Vanessa</p>
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