

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Look for our upcoming Raise a Little Health Contest! January 21-25! Members who take our featured classes this week go into a drawing for a \$100.00 Visa gift card!	Happy New Year! No classes today. We will be open 8am-12pm	5:30 AM 9:00 AM 10:30 AM 11:30 AM 11:45 AM STEPJAM - Katrina AOUA Strength Circuits - Kathleen *YOGA - Gerri MUSCLEWORKS - Toby *RPM™ CYCLE - Val	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AOUA Fit & Flexible - Robyn **BOOT CAMP - Val BODYPOWER - Rebecca	5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM *RPM™ CYCLE - Nicole AQUA FIT Deep - Kylie STEP JAM - Laurie MUSCLEWORKS - Susan *RPM™ CYCLE - Lela	Saturday *RPM™ CYCLE - Caitlin POUND™ Class - Pam C. **TRX™ Tabata Boot Camp Toby MUSCLEWORKS - Lita *YOGA - Ingrid
		6 Sunday			
5:30 AM 5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM **TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin AOUA Fit & Flexible - Robyn *YOGABURN - Jen *GENTLE YOGA - Pam T. MUSCLEWORKS - Brian	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AQUA ZUMBA™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 9:00 AM 10:30 AM 11:30 AM 11:45 AM BODYATTACK™ - Katrina AOUA Strength Circuits - Kathleen *YOGA - Gerri MUSCLEWORKS - Susan *RPM™ CYCLE - Val	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AOUA Fit & Flexible - Robyn **BOOT CAMP - Val BODYPOWER - Rebecca	5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM *RPM™ CYCLE - Brittnv AQUA FIT Deep - Kylie STEP JAM - Laurie MUSCLEWORKS - Pennv *RPM™ CYCLE - Lela	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM *RPM™ CYCLE - Brittnv POUND™ Class - Pam C. **TRX™ Tabata Boot Camp Caitlin MUSCLEWORKS - Lita *YOGA - Ingrid
4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM **TRX™ Interval Training - Vanessa STEPJAM - Gloria *BODYBARRE - Anna AOUA STEP & SCULPT - Jillian **BODYATTACK™ EXPRESS - Chris BODYPOWER - Laurie *RPM™ CYCLE - Susan *GENTLE YOGA - Sheila **TAE KWON DO (age 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM *YOGABURN - Jen MUSCLEWORKS - Susan ZUMBA™ College Night - Sasha Wear charger blue and draw for a prize!	4:30 PM 4:30 PM 4:30 PM 5:30 PM *TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Brian BODYPOWER - Chris	4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM STEPJAM - Caitlin *BODYBARRE - Candice **BODYATTACK™ - Chris *RPM™ CYCLE - Susan POUND™ Class - Pam C.	4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM BODYPOWER - Gloria *POWER YOGA - Pam T. ZUMBA™ - Angel **TAE KWON DO (ages 4-12) - Jeffrey **TAE KWON DO (age 13-adult) - Jeffrey	1:30 PM 1:30 PM 1:30 PM KICK & SCULPT - Lita *YOGA - Pam T. ** BOOT CAMP - Brian
5:30 AM 5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM **TRX BOOT CAMP™ - Toby *RPM™ CYCLE - Brittnv AOUA Fit & Flexible - Robyn *YOGABURN - Jen *GENTLE YOGA - Gerri MUSCLEWORKS - Pennv	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AQUA ZUMBA™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 9:00 AM 9:30 AM 11:30 AM 11:45 AM STEPJAM - Katrina AOUA Strength Circuits - Kathleen New BODYFIT CLASS PREVIEW! 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 A.	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AOUA Fit & Flexible - Robyn **BOOT CAMP - Val BODYPOWER - Rebecca	5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM *RPM™ CYCLE - Caitlin AQUA FIT Deep - Kylie STEP JAM - Laurie MUSCLEWORKS - Pennv *RPM™ CYCLE - Lela	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM *RPM™ CYCLE - Jennifer K. POUND™ Class - Pam C. **TRX™ Tabata Boot Camp Vanessa MUSCLEWORKS - Lita *YOGA - Ingrid
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5:30 PM 5:30 PM 6:30 PM 7:00 PM BODYPOWER - Laurie *RPM™ CYCLE - Susan *GENTLE YOGA - Gerri **TAE KWON DO (age 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM *YOGABURN - Jen MUSCLEWORKS - Susan ZUMBA™ - Sasha **BODYATTACK™ NEW RELEASE Join Amber, Chris, Jennifer & Katrina for BodyAttack™ NEW Release 102!!	4:30 PM 4:30 PM 5:30 PM *TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - No Class **BOOT CAMP Challenge	4:30 PM 4:30 PM 5:30 PM 5:30 PM STEPJAM - Caitlin *BODYBARRE - Ryann **BODYATTACK™ - Chris *RPM™ CYCLE NEW RELEASE	4:30 PM 5:30 PM 5:30 PM BODYPOWER - Gloria *POWER YOGA - Pam T. ZUMBA™ Party	1:30 PM 1:30 PM 1:30 PM Sunday P90X LIVE™ - Abigail *YOGA - Kaelie ** BOOT CAMP - Brian
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4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM **TRX™ Interval Training - Vanessa STEPJAM - Gloria *BODYBARRE - Anna AOUA STEP & SCULPT - Jillian **INSANITY™ (45 minutes) - Robert BODYPOWER - Laurie *RPM™ CYCLE - Susan *GENTLE YOGA - Gerri **TAE KWON DO (age 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM *YOGABURN - Jen MUSCLEWORKS - Susan ZUMBA™ - Sasha **BODYATTACK™ - Katrina *RPM™ CYCLE - Nicole	4:30 PM 4:30 PM 4:30 PM 5:30 PM *TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Brian BODYPOWER - Chris	4:30 PM 4:30 PM 5:30 PM 6:00 PM STEPJAM - Caitlin *BODYBARRE - Candice **BODYATTACK™ - Chris *RPM™ CYCLE - Susan POUND™ Class - Pam C.		

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