


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 10:30 AM "GENTLE YOGA - Pam T. 11:30 AM *YOGABURN - Jen 11:30 AM MUSCLEWORKS - Penny 4:30 PM **TRX™BODYFIT - Vanessa 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Rvann 5:30 PM TabAQUA QUICKIES - Brittny 5:30 PM **BODYPUMP™ Expresso (min)-Katrina 5:30 PM BODYPOWER - Laurie 5:30 PM "RPM™ CYCLE - Susan 6:30 PM "GENTLE YOGA - Kaelie 7:00 PM **TAE KWON DO (age 13-adult)-Jeffrey	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning-Samantha 9:00 AM AQUA ZUMBA™ - Jen 11:30 AM **BOOT CAMP - Val 12:00 PM BODYPOWER - Caitlin *PILATES - Andrea 4:30 PM *YOGABURN - Gloria 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Beatriz 5:30 PM **BODYATTACK™ - Katrina 5:30 PM "RPM™ CYCLE - Nicole	5:30 AM STEPJAM - Katrina 9:00 AM AQUA Strength Circuits - Beatriz 9:30 AM BODYFIT - Laurie *YOGA - Pam T. 11:30 AM MUSCLEWORKS - Susan 11:45 AM "RPM™ CYCLE - Val 4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Vanessa 5:30 PM *YOGA - Kaelie 5:30 PM TabAQUA QUICKIES-No Class Tonight 5:30 PM BODYPOWER - Gloria 6:30 PM WERQ Dance Fitness - Karissa	 <p>No Classes today! The fitness center will be open 8:00am - 12:00pm!</p>	5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUAFIT Deep - Beatriz 9:30 AM STEP JAM - Katrina 10:30 AM MUSCLEWORKS - Susan 11:45 AM "RPM™CYCLE - Lela 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) - Jeffrey 6:30 PM **TAE KWON DO (age 13-adult)-Jeffrey	8:30 AM Saturday "RPM™ CYCLE - Lela 9:00 AM POUND™Class - Pam C. 10:00 AM MUSCLEWORKS - Susan 10:00 AM "YOGA - Gerri Sunday 1:30 PM STEPJAM - Katrina 1:30 PM "YOGA - Pam T. 1:30 PM ** ROOT CAMP - Trent
5:30 AM **TRX BOOT CAMP™ - Vanessa 5:30 AM "RPM™ CYCLE - Brittny 9:00 AM AQUA Fit & Flexible - Robyn 10:30 AM "GENTLE YOGA - Gerri 11:30 AM *YOGABURN - Jen 11:30 AM MUSCLEWORKS - Pennv 4:30 PM **TRX™BODYFIT - Vanessa 4:30 PM STEPJAM - Katrina 4:30 PM *BODYBARRE - Rvann 5:30 PM TabAQUA QUICKIES - Brittny 5:30 PM **INSANITY™ (45 minutes) - Robert 5:30 PM BODYPOWER - Tasha 5:30 PM "RPM™ CYCLE - Susan 6:30 PM "GENTLE YOGA - Gerri 7:00 PM **TAE KWON DO (age 13-adult)-Jeffrey	5:30 AM BODYPUMP™ - Amber 5:30 AM Stroke Work/Conditioning-Samantha 9:00 AM AQUA ZUMBA™ - Jen 11:30 AM **BOOT CAMP - Caitlin 11:30 AM BODYPOWER - Laurie 12:00 PM *PILATES - Andrea 4:30 PM *YOGABURN - Gloria 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Beatriz 5:30 PM **BODYATTACK™ - Katrina 5:30 PM "RPM™ CYCLE - Nicole	5:30 AM BODYATTACK™ - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT - Laurie *YOGA - Gerri 11:30 AM MUSCLEWORKS - Susan 11:45 AM "RPM™ CYCLE - Lela 4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Vanessa 5:30 PM *YOGA - Anita 5:30 PM TabAQUA QUICKIES - Brittny 5:30 PM BODYPOWER - Gloria 6:30 PM WERQ Dance Fitness - Karissa	5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning-Samantha 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Caitlin 11:30 AM 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.	5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUAFIT Deep - Robyn 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM "RPM™CYCLE - Lela 4:30 PM BODYPOWER - Gloria 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Anael 5:30 PM **TAE KWON DO (ages 4-12) - Jeffrey 6:30 PM **TAE KWON DO (age 13-adult)-Jeffrey	8:30 AM Saturday "RPM™ CYCLE - Jennifer K. 9:00 AM POUND™Class - Pam C. 10:00 AM MUSCLEWORKS - Lita 10:00 AM "YOGA - Anita Sunday 1:30 PM KICK & SCULPT - Lita 1:30 PM "YOGA - Kaelie 1:30 PM ** ROOT CAMP - Brian
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