

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Join us for these special classes in June:</p> <p>WERQ Dance Fitness - Every Wednesday at 6:30pm and TWO SPECIAL classes on Friday, June 7th at 5:30pm and Saturday, June 29th at 9:00am.</p> <p>StepJam NEW Release 34 - Monday, June 24th at 4:30pm</p> <p>BOOT Camp CHALLENGE - Tuesday, June 25th at 11:30am</p> <p>Beginner Cycle (30-minutes) - Thursday, June 27th at 11:30am</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>10:30 AM *GENTLE YOGA - Gerri</p> <p>11:30 AM *YOGABURN (NEW time!) - Jen</p> <p>11:30 AM MUSCLEWORKS - Penny</p> <p>4:30 PM **TRX™BODYFIT - Vanessa</p>	<p>5:30 AM BODYPUMP™ - Rebekah</p> <p>5:30 AM Stroke Work/Conditioning-Samantha</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>5:30 AM STEPJAM - Katrina</p> <p>9:00 AM AQUA Strength Circuits - Kathleen</p> <p>9:30 AM BODYFIT - Laurie</p> <p>10:30 AM *YOGA - Gerri</p> <p>11:30 AM MUSCLEWORKS - Penny</p> <p>11:45 AM *RPM™ CYCLE - Val</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>5:30 AM *RPM™ CYCLE - Brittnv</p> <p>9:00 AM AQUA FIT Deep - Robyn</p> <p>9:30 AM STEP JAM - Laurie</p> <p>10:30 AM MUSCLEWORKS - Brian</p> <p>11:45 AM *RPM™CYCLE - Lela</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 - Inarid</p>
<p>4:30 PM STEPJAM - Gloria</p> <p>4:30 PM *BODYBARRE - Ryann</p> <p>5:30 PM TabAQUA QUICKIES - Brittnv</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(ages 13-adult) - Jeffrey</p>	<p>4:30 PM *YOGABURN - Gloria</p> <p>4:30 PM MUSCLEWORKS - Susan</p> <p>5:30 PM ZUMBA™ - Sasha</p> <p>5:30 PM **BODYATTACK™ - Katrina</p> <p>5:30 PM *RPM™ CYCLE - Nicole</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>4:30 PM *YOGA - Anita</p> <p>5:30 PM TabAQUA QUICKIES - Brittnv</p> <p>5:30 PM BODYPOWER - Gloria</p> <p>6:30 PM WERQ Dance Fitness - Karissa</p>	<p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Jennifer D.</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™Class - Pam C.</p>	<p>4:30 PM BODYPOWER - Tasha</p> <p>5:30 PM *POWER YOGA - Pam T.</p> <p>5:30 PM WERQ Dance Fitness - Karissa</p> <p>WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music!</p> <p>No Tae Kwon Do classes tonight.</p> <p>Our groups will be participating in the Alabama State Games!</p>	<p>1:30 PM KICK & SCULPT - Lita</p> <p>1:30 PM *YOGA - Kaelie</p> <p>1:30 PM ** ROOT CAMP - Brian</p>
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