

Join us for these special classes in March:

Yoga - Now on Wednesday nights at 5:30pm

BODYFIT - Wednesdays at 9:30am & Sunday, March 24th on the track

BOOT CAMP CHALLENGE- Tuesday, February 26th at 11:30am

<p>5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM *YOGABURN - Jen 10:30 AM *GENTLE YOGA - Gerri 11:30 AM MUSCLEWORKS - Penny</p> <p>4:30 PM **TRX™ Interval Training - Vanessa 4:30 PM STEPJAM - Laurie 4:30 PM *BODYBARRE - Ryann 5:30 PM AQUA STEP & SCULPT - Jillian 5:30 PM **INSANITY™(45 minutes) - Robert 5:30 PM BODYPOWER - Chris 5:30 PM *RPM™ CYCLE - Susan 6:30 PM *GENTLE YOGA - Gerri 7:00 PM **TAE KWON DO(age 13-adult) - Jeffrey</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gavle 9:00 AM AQUA ZUMBA™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Caitlin 12:00 PM *PILATES - Andrea</p> <p>4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Chris 5:30 PM *RPM™ CYCLE - Nicole</p> <p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gavle 9:00 AM AQUA ZUMBA™ - Kathleen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Caitlin 12:00 PM *PILATES - Andrea</p> <p>4:30 PM *YOGABURN - Kaelie 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Nicole 5:30 PM *RPM™ CYCLE - Nicole</p>	<p>5:30 AM STEPJAM - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT - Laurie 10:30 AM *YOGA - Gerri 11:30 AM MUSCLEWORKS - Penny 11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM *YOGA - Anita 5:30 PM AQUA STEP & SCULPT - Jillian 5:30 PM BODYPOWER - Chris</p> <p>5:30 AM BODYATTACK™ - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT - Laurie 10:30 AM *YOGA - Gerri 11:30 AM MUSCLEWORKS - Penny 11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - NO CLASS - Brian 5:30 PM *YOGA - Anita 5:30 PM AQUA STEP & SCULPT - Jillian 5:30 PM BODYPOWER - Chris</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gavle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM **BODYATTACK™ - Amber 5:30 PM *RPM™ CYCLE - Susan 6:00 PM POUND™ Class - Pam C.</p> <p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gavle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Anna 5:30 PM **BODYATTACK™ - Amber 5:30 PM *RPM™ CYCLE - Susan 6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUAFIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Penny 11:45 AM *RPM™ CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Chris 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</p> <p>5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUAFIT Deep - Kylie 9:30 AM STEP JAM - Caitlin 10:30 AM MUSCLEWORKS - Penny 11:45 AM *RPM™ CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Tasha 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Sasha 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrey</p> <p>5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUAFIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM *RPM™ CYCLE - Lela</p> <p>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</p>	<p>Saturday 8:30 AM *RPM™ CYCLE - Susan 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Caitlin 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Inarid</p> <p>Sunday 1:30 PM HIT the BARRI - Candice 1:30 PM *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Brian</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Brittny 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Vanessa 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Kaelie</p> <p>Sunday 1:30 PM KICK & SCULPT - Lita 1:30 PM *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Vanessa</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Caitlin 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Kaelie</p> <p>Sunday 1:30 PM BODYATTACK™ - Katrina 1:30 PM *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Caitlin 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Kaelie</p> <p>Sunday 1:30 PM New! BODYFIT - Lita Join Lita upstairs on the track for 15 minutes of interval walking followed by 20 minutes of strength & conditioning and 20 minutes of balance & flexibility training in Room A. 1:30 PM *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Lela 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Vanessa 10:00 AM MUSCLEWORKS - Brian 10:00 AM *YOGA - Inarid</p> <p>Sunday 1:30 PM PROX LIVE™ - Abigail 1:30 PM *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Brian</p>
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By popular demand, we added an additional evening yoga class!

Boot Camp will be held outside, weather permitting!

Join us for this 30-minute Zumba™ class!