

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Join us for these special classes in May: WERQ Dance Fitness - Every Wednesday at 6:30pm YogaBURN - <i>NEW TIME</i> on Mondays at 11:30am TRX™ BODYFIT- Every Monday at 4:30pm, starts on the track BODYPOWER Release 32 - Wednesday, May 22nd at 5:30pm Beginner Yoga (30-minutes) - Thursday, May 23rd at 11:30am BOOT CAMP CHALLENGE- Tuesday, May 28th at 11:30am</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 9:30 AM **BOOT CAMP - Val 10:30 AM BODYPOWER™ - Laurie 11:30 AM MUSCLEWORKS™ - Susan 12:00 PM *PILATES - Andrea</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™ - Pennv 11:45 AM *RPM™ CYCLE - Val</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER™ - Laurie</p>	<p>5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS™ - Pennv 11:45 AM *RPM™ CYCLE - Lela</p>	<p>Saturday 8:30 AM *RPM™ CYCLE - Nicole 9:00 AM POUND™ Class - Pam C. 10:00 AM MUSCLEWORKS™ - Lita 10:00 AM *YOGA - Inarid</p> <p>Sunday 1:30 PM HIT the BARRE™ - Candice 1:30 PM *YOGA - Pam T. 1:30 PM **BOOT CAMP - Brian</p>
<p>5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM AQUA Fit & Flexible - Robyn 10:30 AM *GENTLE YOGA - Gerri 11:30 AM *YOGABURN (NEW time!) - Jen 11:30 AM MUSCLEWORKS™ - Susan 12:00 PM **PILATES - Andrea</p> <p><i>Start upstairs on the track for a walk/run workout followed by a TRX workout and foam roller flexibility training.</i></p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 9:30 AM **BOOT CAMP - Val 10:30 AM BODYPOWER™ - Laurie 11:30 AM MUSCLEWORKS™ - Susan 12:00 PM *PILATES - Andrea</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™ - Susan 11:45 AM *RPM™ CYCLE - Val</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER™ - Laurie</p>	<p>5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS™ - Pennv 11:45 AM *RPM™ CYCLE - Lela</p>	<p>Saturday 8:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM POUND™ Class - Pam C. 10:00 AM MUSCLEWORKS™ - Lita 10:00 AM *YOGA - Inarid</p> <p>Sunday Happy Mother's Day No classes today.</p>
<p>4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Ryann 5:30 PM TabAQUA QUICKIES™ - Brittny 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(ages 13-adult) - Jeffrey</p>	<p>4:30 PM *YOGABURN - Gloria 4:30 PM MUSCLEWORKS™ - Susan 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Chris 5:30 PM *RPM™ CYCLE - Nicole</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 TabAQUA QUICKIES™ - Brittny 5:30 PM BODYPOWER™ - Chris 6:30 PM WERQ Dance Fitness - Keisha</p>	<p>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.</p>	<p>4:30 PM BODYPOWER™ - Gloria 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Angel 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey 6:30 PM **TAE KWON DO(ages 13-adult) - Jeffrey</p>	<p>Saturday 8:30 AM *RPM™ CYCLE - Jennifer K. 9:00 AM POUND™ Class - Pam C. 10:00 AM MUSCLEWORKS™ - Lita 10:00 AM *YOGA - Inarid</p> <p>Sunday 1:30 PM P90X LIVE™ - Abigail 1:30 PM *YOGA - Pam T. 1:30 PM **BOOT CAMP - Vanessa</p>
<p>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 - Gerri 11:30 AM *YOGABURN (NEW time!) - Jen 11:30 AM MUSCLEWORKS™ - Susan</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 9:30 AM **BOOT CAMP - Val 10:30 AM BODYPOWER™ - Caitlin 12:00 PM *PILATES - Andrea</p>	<p>5:30 AM STEPJAM - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT™ - Susan 10:30 AM *YOGA - Gerrie 11:30 AM MUSCLEWORKS™ - Pennv 11:45 AM *RPM™ CYCLE - Val</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Robyn 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER™ - Laurie</p>	<p>5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS™ - Pennv 11:45 AM *RPM™ CYCLE - Lela</p>	<p>Saturday 8:30 AM *RPM™ CYCLE - Lela 9:00 AM POUND™ Class - Pam C. 10:00 AM MUSCLEWORKS™ - Lita 10:00 AM *YOGA - Inarid</p> <p>Sunday 1:30 PM BODYATTACK™ - Katrina 1:30 PM *YOGA - Kaelie 1:30 PM **BOOT CAMP - Brian</p>
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<p>Happy Memorial Day! UFC will be open 8am to 12pm</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA ZUMBA™ - Jen 9:30 AM **BOOT CAMP CHALLENGE - Val 11:30 AM BODYPOWER™ - Caitlin 12:00 PM *PILATES - Andrea</p> <p>Join Val for this special BOOT CAMP CHALLENGE CLASS!</p>	<p>5:30 AM BODYATTACK™ - Katrina 9:00 AM AQUA Strength Circuits - Kathleen 9:30 AM BODYFIT™ - Laurie 10:30 AM *YOGA - Gerrie 11:30 AM MUSCLEWORKS™ - Pennv 11:45 AM *RPM™ CYCLE - Val</p>	<p>5:30 AM BODYPUMP™ - Rebekah 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Fit & Flexible - Kathleen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER™ - Laurie</p> <p>Try this 30-minute Yoga class!</p>	<p>5:30 AM *RPM™ CYCLE - Brittny 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS™ - Pennv 11:45 AM *RPM™ CYCLE - Lela</p>	<p>Saturday 8:30 AM *RPM™ CYCLE - Lela 9:00 AM POUND™ Class - Pam C. 10:00 AM MUSCLEWORKS™ - Lita 10:00 AM *YOGA - Inarid</p> <p>Sunday 1:30 PM BODYATTACK™ - Katrina 1:30 PM *YOGA - Kaelie 1:30 PM **BOOT CAMP - Brian</p>
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