

Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday & Sunday**

Take part in our annual FITNESS CHALLENGE CONTEST November 1st - December 20th. Stay in shape during the holidays and you could win a FREE month's membership! Look for details to come!

5:30 AM ****TRX BOOT CAMP™** - Brian
5:30 AM **"RPM™ CYCLE** - Nicole
9:00 AM **AQUA Fit & Flexible** - Robyn
9:30 AM **BODYFIT (Meet on the track)** - Susan
10:30 AM ***GENTLE YOGA** - Ashley B.
11:30 AM **MUSCLEWORKS** - Pennv

4:30 PM ****TRX™BODYFIT** - Vanessa
4:30 PM **STEPJAM** - Gloria
4:30 PM ***BODYBARRE** - Rvann
5:30 PM **TabAQUA QUICKIES** - Sylvia
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

5:30 AM **BODYPUMP™** - Rebekah
5:30 AM **Stroke Work/Conditioning** - Samantha
9:00 AM **AQUA ZUMBA™** - Jen
11:30 AM ****BOOT CAMP** - Val
11:30 AM **BODYPOWER** - Caitlin
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 **STEPJAM** - Katrina
9:00 AM **AQUA Strength Circuits** - Beatriz
9:30 AM **BODYFIT (Meet on the track)** - Laurie
10:30 AM ***YOGA** - Gerri
11:30 AM **MUSCLEWORKS** - Susan
11:45 AM **"RPM™ CYCLE** - Val

4:30 PM ***TAE KWON DO (ages 4-12)** - Jeffrey
4:30 PM ****TRX BOOT CAMP™** - Brian
5:00 PM **SHIFT™** - Jennifer
5:30 PM ***YOGA** - Pam T.
5:30 PM **TabAQUA QUICKIES** - Sylvia
5:30 PM **BODYPOWER** - Gloria
6:30 PM **WERO Dance Fitness** - Karissa

5:30 AM **BODYPUMP™** - Rebekah
5:30 AM **Stroke Work/Conditioning** - Gayle
9:00 AM **AQUA Fit & Flexible** - Beatriz
11:30 AM ****BOOT CAMP** - Val
11:30 AM **BODYPOWER** - Tasha

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.

5:30 AM **"RPM™ CYCLE** - Jennifer
9:00 AM **AQUAFIT Deep** - Beatriz
9:30 AM **STEP JAM** - Laurie
10:30 AM **MUSCLEWORKS** - Caroline
10:30 AM ***YOGA** - Tasha
11:45 AM **"RPM™CYCLE** - Lela

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

8:30 AM **"RPM™ CYCLE** - Susan
9:00 AM **POUND™Class** - Pam C.
10:00 AM **MUSCLEWORKS** - Lita
10:00 AM ***YOGA** - Samantha T.

Sunday
1:30 PM **KICK & SCULPT** - Lita
1:30 PM ***YOGA** - Kaelie
1:30 PM **** BOOT CAMP** - Brian

5:30 AM ****TRX BOOT CAMP™** - Vanessa
5:30 AM **"RPM™ CYCLE** - Jennifer
9:00 AM **AQUA Fit & Flexible** - Beatriz
9:30 AM **BODYFIT (Meet on the track)** - Laurie
10:30 AM ***GENTLE YOGA** - Ashley B.
11:30 AM **MUSCLEWORKS** - Pennv

4:30 PM ****TRX™BODYFIT** - Vanessa
4:30 PM **STEPJAM** - Gloria
4:30 PM ***BODYBARRE** - Rvann
5:30 PM **TabAQUA QUICKIES** - Sylvia
5:30 PM ****BodyAttack Express™** - Gloria
5:30 PM **BODYPOWER** - Laurie
5:30 PM **"RPM™ CYCLE** - Susan
6:30 PM ***GENTLE YOGA** - Pam T.
7:00 PM ****TAE KWON DO(ages 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
11:30 AM **BODYPOWER** - Caitlin
12:00 PM ***PILATES** - Gloria

4:30 PM ***YOGABURN** - Gloria
4:30 PM **MUSCLEWORKS** - Susan
5:30 PM **ZUMBA™** - Beatriz
5:30 PM ****BODYATTACK™** - Chris
5:30 PM **"RPM™ CYCLE** - Nicole

5:30 AM **BODYATTACK™** - Katrina
9:00 AM **AQUA Strength Circuits** - Beatriz
9:30 AM **BODYFIT (Meet on the track)** - Laurie
10:30 AM ***YOGA** - Gerri
11:30 AM **MUSCLEWORKS** - Pennv
11:45 AM **"RPM™ CYCLE** - Val

4:30 PM ***TAE KWON DO (ages 4-12)** - Jeffrey
4:30 PM ****TRX BOOT CAMP™** - Brian
5:00 PM **SHIFT™** - Jennifer
5:30 PM ***YOGA** - Pam T.
5:30 PM **TabAQUA QUICKIES** - Sylvia
5:30 PM **BODYPOWER** - Gloria
6:30 PM **WERO Dance Fitness** - Karissa

5:30 AM **BODYPUMP™** - Rebekah
5:30 AM **Stroke Work/Conditioning** - Gayle
9:00 AM **AQUA Fit & Flexible** - Beatriz
11:30 AM ****BOOT CAMP** - Val
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** - Ashley I

5:30 AM **"RPM™ CYCLE** - Caitlin
9:00 AM **AQUAFIT Deep** - Robyn
9:30 AM **STEP JAM** - Laurie
10:30 AM **MUSCLEWORKS** - Caroline
10:30 AM ***YOGA** - Gerri
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 **"RPM™ CYCLE** - Nicole
9:00 AM **POUND™Class** - Pam C.
10:00 AM **MUSCLEWORKS** - Lita
10:00 AM ***YOGA** - Samantha T.

Sunday
1:30 PM **BODYATTACK™** - Katrina
1:30 PM ***YOGA** - Samantha T.
1:30 PM **** BOOT CAMP** - Caroline

5:30 AM ****TRX BOOT CAMP™** - Brian
5:30 AM **"RPM™ CYCLE** - Nicole
9:00 AM **AQUA Fit & Flexible** - Robyn
9:30 AM **BODYFIT (Meet on the track)** - Jen
10:30 AM ***GENTLE YOGA** - Ashley B.
11:30 AM **MUSCLEWORKS** - Pennv
4:30 PM ****TRX™BODYFIT** - Vanessa
4:30 PM **STEPJAM** - Gloria
4:30 PM ***BODYBARRE** - Rvann
5:30 PM **TabAQUA QUICKIES** - Sylvia
5:30 PM ****INSANITY™(45 minutes)** - Robert
5:30 PM **BODYPOWER** - NEW RELEASE!
**Join Chris & Tasha for
BodyPower Release 34!**
5:30 PM **"RPM™ CYCLE** - Susan
6:30 PM ***GENTLE YOGA** - Gerri
7:00 PM ****TAE KWON DO(ages 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
11:30 AM **BODYPOWER** - Caitlin
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 **STEPJAM** - Katrina
9:00 AM **AQUA Strength Circuits** - Beatriz
9:30 AM **BODYFIT (Meet on the track)** - Laurie
10:30 AM ***YOGA** - Gerri
11:30 AM **MUSCLEWORKS** - Pennv
11:45 AM **"RPM™ CYCLE** - Val

4:30 PM ***TAE KWON DO (ages 4-12)** - Jeffrey
4:30 PM ****TRX BOOT CAMP™** - Brian
5:00 PM **SHIFT™** - Jennifer
5:30 PM ***YOGA** - Tasha
5:30 PM **TabAQUA QUICKIES** - Sylvia
5:30 PM **BODYPOWER** - Gloria
6:30 PM **WERO Dance Fitness** - Karissa

5:30 AM **BODYPUMP™** - Rebekah
5:30 AM **Stroke Work/Conditioning** - Gayle
9:00 AM **AQUA Fit & Flexible** - Beatriz
11:30 AM ****BOOT CAMP** - Val
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** - Jennifer
9:00 AM **AQUAFIT Deep** - Robyn
9:30 AM **STEP JAM** - Laurie
10:30 AM **MUSCLEWORKS** - Pennv
10:30 AM ***YOGA** - Ashley B.
11:45 AM **"RPM™CYCLE** - Lela
12:00 PM **ZUMBA EXPRESS** - Wendv
Try this 30-minute ZUMBA Class!!

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 **"RPM™ CYCLE** - Lela
9:00 AM **POUND™Class** - Pam C.
10:00 AM **MUSCLEWORKS** - Lita
10:00 AM ***YOGA** - Samantha T.

Sunday
1:30 PM **POUND LIVE™** - Abigail
1:30 PM ***YOGA** - Kaelie
1:30 PM **** BOOT CAMP** - Trent

5:30 AM ****TRX BOOT CAMP™** - Brian
5:30 AM **"RPM™ CYCLE** - Caitlin
9:00 AM **AQUA Fit & Flexible** - Robyn
9:30 AM **BODYFIT (Meet on the track)** - Jen
10:30 AM ***GENTLE YOGA** - Gerri
11:30 AM **MUSCLEWORKS** - Pennv

4:30 PM ****TRX™BODYFIT** - Vanessa
4:30 PM **STEPJAM** - Gloria
4:30 PM ***BODYBARRE** - Rvann
5:30 PM **TabAQUA QUICKIES** - Sylvia
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

5:30 AM **BODYPUMP™** - Rebekah
5:30 AM **Stroke Work/Conditioning** - Samantha
9:00 AM **AQUA ZUMBA™** - Jen
11:30 AM ****BOOT CAMP CHALLENGE** - Val
11:30 AM **BODYPOWER** - Caitlin
12:00 PM ***PILATES** - Andrea

4:30 PM ***YOGABURN** - Gloria
4:30 PM **MUSCLEWORKS** - Susan
5:30 PM **ZUMBA™** - Beatriz
5:30 PM ****BODYATTACK™** - Chris
5:30 PM **"RPM™ CYCLE** - Nicole

5:30 AM **BODYATTACK™** - Katrina
9:00 AM **AQUA Strength Circuits** - Beatriz
9:30 AM **BODYFIT (Meet on the track)** - Jen
10:30 AM ***YOGA** - Gerri
11:30 AM **MUSCLEWORKS** - Caroline
11:45 AM **"RPM™ CYCLE** - Val

**No Classes Tonight
Happy Thanksgiving**

Happy Thanksgiving



8:30 AM **"RPM™ CYCLE** - Lela
9:00 AM **POUND™Class** - Pam C.
10:00 AM **MUSCLEWORKS** - Susan
10:00 AM ***YOGA** - Samantha T.

Sunday
1:30 PM **STEPJAM** - Gloria
1:30 PM ***YOGA** - Pam T.
1:30 PM **** BOOT CAMP** - Trent

Saturday
1:30 PM **"RPM™ CYCLE** - Lela
1:30 PM **POUND™Class** - Pam C.
1:30 PM **MUSCLEWORKS** - Susan
1:30 PM ***YOGA** - Samantha T.