






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
  <p><b>TREAT</b></p> <p>yourself to these classes in October!</p> <p>StepJam 35 - Monday, Oct 28th at 4:30pm</p> <p>BodyAttack 104 - Tuesday, Oct 29th at 5:30pm</p> <p>WERQ - Wednesday, Oct 30th at 6:30pm</p> <p>RPM 84 - Thursday, Oct 31st at 5:30pm</p>	<p>5:30 AM <b>BODYPUMP™</b> - Rebekah</p> <p>5:30 AM <b>Stroke Work/Conditioning</b>-Samantha</p> <p>9:00 AM <b>AQUA ZUMBA™</b> - Jen</p> <p>10:30 AM <b>**BOOT CAMP</b> - Val</p> <p>11:30 AM <b>BODYPOWER</b> - Caitlin</p> <p>12:00 PM <b>*PILATES</b> - Tasha</p>	<p>5:30 AM <b>BODYATTACK™</b> - Katrina</p> <p>9:00 AM <b>AQUA Strength Circuits</b> - Beatriz</p> <p>9:30 AM <b>BODYFIT (Meet on the track)</b> - Laurie</p> <p>10:30 AM <b>*YOGA</b> - Gerri</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Val</p>	<p>5:30 AM <b>BODYPUMP™</b> - Rebekah</p> <p>5:30 AM <b>Stroke Work/Conditioning</b>- Gavle</p> <p>9:00 AM <b>AQUA Fit &amp; Flexible</b> - Beatriz</p> <p>10:30 AM <b>**BOOT CAMP</b> - Brian</p> <p>11:30 AM <b>BODYPOWER</b> - Laurie</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Jennifer</p> <p>9:00 AM <b>AQUAFIT Deep</b> - Sylvia</p> <p>9:30 AM <b>STEP JAM</b> - Laurie</p> <p>10:30 AM <b>MUSCLEWORKS</b> - Caroline</p> <p>10:30 AM <b>*YOGA</b> - Anita</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Lela</p>	<p>8:30 AM <b>Saturday</b></p> <p><b>*RPM™ CYCLE</b> - Lela</p> <p><b>POUND™ Class</b> - Pam C.</p> <p><b>MUSCLEWORKS</b> - Lita</p> <p><b>*YOGA</b> - Samantha T.</p>
<p>4:30 PM <b>**TRX™ BODYFIT</b> - Vanessa</p> <p>4:30 PM <b>STEPJAM</b> - Gloria</p> <p>4:30 PM <b>*BODYBARRE</b> - Candice</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>**INSANITY™ (45 minutes)</b> - Robert</p> <p>5:30 PM <b>BODYPOWER</b> - Chris</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Jennifer</p> <p>6:30 PM <b>*GENTLE YOGA</b> - Gerri</p> <p>7:00 PM <b>**TAE KWON DO</b>(age 13-adult)-Jeffrey</p>	<p>4:30 PM <b>*YOGABURN</b> - Gloria</p> <p>4:30 PM <b>MUSCLEWORKS</b> - Carolene</p> <p>5:30 PM <b>ZUMBA™</b> - Beatriz</p> <p>5:30 PM <b>**BODYATTACK™</b> - Katrina</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Nicole</p>	<p>4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>4:30 PM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:00 PM <b>SHIFT™</b> - Jennifer</p> <p>5:30 PM <b>*YOGA</b> - Anita</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>BODYPOWER</b> - Gloria</p> <p>6:30 PM <b>WERQ Dance Fitness</b> - Karissa</p>	<p>4:30 PM <b>STEPJAM</b> - Caitlin</p> <p>4:30 PM <b>*BODYBARRE</b> - Ryann</p> <p>5:30 PM <b>**BODYATTACK™</b> - Gloria</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Susan</p> <p>6:00 PM <b>POUND™ Class</b> - Ashley L.</p>	<p>4:30 PM <b>BODYPOWER</b> - Chris</p> <p>5:30 PM <b>*POWER YOGA</b> - Pam T.</p> <p>5:30 PM <b>ZUMBA™</b> - Anael</p> <p>5:30 PM <b>**TAE KWON DO(ages 4-12)</b> - Jeffrey</p> <p>6:30 PM <b>**TAE KWON DO (age 13-adult)-Jeffrey</b></p>	<p>1:30 PM <b>Sunday</b></p> <p><b>P90X LIVE™</b> - Abigail</p> <p>1:30 PM <b>**BOOT CAMP</b> - Brian</p>
<p>5:30 AM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:30 AM <b>*RPM™ CYCLE</b> - Caitlin</p> <p>9:00 AM <b>AQUA Fit &amp; Flexible</b> - Beatriz</p> <p>9:30 AM <b>BODYFIT (Meet on the track)</b> - Jen</p> <p>10:30 AM <b>*GENTLE YOGA</b> - Ashley B.</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p>	<p>5:30 AM <b>BODYPUMP™</b> - Rebekah</p> <p>5:30 AM <b>Stroke Work/Conditioning</b>-Samantha</p> <p>9:00 AM <b>AQUA ZUMBA™</b> - Jen</p> <p>10:30 AM <b>**BOOT CAMP</b> - Val</p> <p>11:30 AM <b>BODYPOWER</b> - Caitlin</p> <p>12:00 PM <b>*PILATES</b> - Tasha</p>	<p>5:30 AM <b>STEPJAM</b> - Katrina</p> <p>9:00 AM <b>AQUA Strength Circuits</b> - Beatriz</p> <p>9:30 AM <b>BODYFIT (Meet on the track)</b> - Laurie</p> <p>10:30 AM <b>*YOGA</b> - Gerri</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Val</p>	<p>5:30 AM <b>BODYPUMP™</b> - Rebekah</p> <p>5:30 AM <b>Stroke Work/Conditioning</b>- Gavle</p> <p>9:00 AM <b>AQUA Fit &amp; Flexible</b> - Beatriz</p> <p>10:30 AM <b>**BOOT CAMP</b> - Val</p> <p>11:30 AM <b>BODYPOWER</b> - Laurie</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Nicole</p> <p>9:00 AM <b>AQUAFIT Deep</b> - Sylvia</p> <p>9:30 AM <b>STEP JAM</b> - Laurie</p> <p>10:30 AM <b>MUSCLEWORKS</b> - Caroline</p> <p>10:30 AM <b>*YOGA</b> - Anita</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Lela</p>	<p>8:30 AM <b>Saturday</b></p> <p><b>*RPM™ CYCLE</b> - Jennifer</p> <p><b>POUND™ Class</b> - Pam C.</p> <p><b>MUSCLEWORKS</b> - Lita</p> <p><b>*YOGA</b> - Samantha T.</p>
<p>4:30 PM <b>**TRX™ BODYFIT</b> - Vanessa</p> <p>4:30 PM <b>STEPJAM</b> - Gloria</p> <p>4:30 PM <b>*BODYBARRE</b> - Candice</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>**INSANITY™ (45 minutes)</b> - Robert</p> <p>5:30 PM <b>BODYPOWER</b> - Tasha</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Susan</p> <p>6:30 PM <b>*GENTLE YOGA</b> - Gerri</p> <p>7:00 PM <b>**TAE KWON DO</b>(age 13-adult)-Jeffrey</p>	<p>4:30 PM <b>*YOGABURN</b> - Gloria</p> <p>4:30 PM <b>MUSCLEWORKS</b> - Susan</p> <p>5:30 PM <b>ZUMBA™</b> - Beatriz</p> <p>5:30 PM <b>**BODYATTACK™</b> - Chris</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Nicole</p>	<p>4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>4:30 PM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:00 PM <b>SHIFT™</b> - Jennifer</p> <p>5:30 PM <b>*YOGA</b> - Anita</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>BODYPOWER</b> - Gloria</p> <p>6:30 PM <b>WERQ Dance Fitness</b> - Karissa</p>	<p>4:30 PM <b>STEPJAM</b> - Caitlin</p> <p>4:30 PM <b>*BODYBARRE</b> - Ryann</p> <p>5:30 PM <b>**BODYATTACK™</b> - Gloria</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Susan</p> <p>6:00 PM <b>POUND™ Class</b> - Ashley L.</p>	<p>4:30 PM <b>BODYPOWER</b> - Gloria</p> <p>5:30 PM <b>*POWER YOGA</b> - Pam T.</p> <p>5:30 PM <b>ZUMBA™</b> - Anael</p> <p>5:30 PM <b>**TAE KWON DO(ages 4-12)</b> - Jeffrey</p> <p>6:30 PM <b>**TAE KWON DO (age 13-adult)-Jeffrey</b></p>	<p>1:30 PM <b>Sunday</b></p> <p><b>STEPJAM</b> - Gloria</p> <p>1:30 PM <b>*YOGA</b> - Kaelie</p> <p>1:30 PM <b>**BOOT CAMP</b> - Brian</p>
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<p>4:30 PM <b>**TRX™ BODYFIT</b> - Vanessa</p> <p>4:30 PM <b>STEPJAM</b> - Gloria</p> <p>4:30 PM <b>*BODYBARRE</b> - Ryann</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>**INSANITY™ (45 minutes)</b> - Robert</p> <p>5:30 PM <b>BODYPOWER</b> - Chris</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Susan</p> <p>6:30 PM <b>*GENTLE YOGA</b> - Gerri</p> <p>7:00 PM <b>**TAE KWON DO</b>(age 13-adult)-Jeffrey</p>	<p>4:30 PM <b>*YOGABURN</b> - Gloria</p> <p>4:30 PM <b>MUSCLEWORKS</b> - Susan</p> <p>5:30 PM <b>ZUMBA™</b> - Beatriz</p> <p>5:30 PM <b>**BODYATTACK™</b> - Chris</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Nicole</p>	<p>4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>4:30 PM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:00 PM <b>SHIFT™</b> - Jennifer</p> <p>5:30 PM <b>*YOGA</b> - Anita</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>BODYPOWER</b> - Gloria</p> <p>6:30 PM <b>WERQ Dance Fitness</b> - Karissa</p>	<p>4:30 PM <b>STEPJAM</b> - Caitlin</p> <p>4:30 PM <b>*BODYBARRE</b> - Ryann</p> <p>5:30 PM <b>**BODYATTACK™</b> - Gloria</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Susan</p> <p>6:00 PM <b>POUND™ Class</b> - Pam C.</p>	<p>4:30 PM <b>BODYPOWER</b> - Gloria</p> <p>5:30 PM <b>*POWER YOGA</b> - Pam T.</p> <p>5:30 PM <b>ZUMBA™</b> - Anael</p> <p>5:30 PM <b>**TAE KWON DO(ages 4-12)</b> - Jeffrey</p> <p>6:30 PM <b>**TAE KWON DO (age 13-adult)-Jeffrey</b></p>	<p>1:30 PM <b>Sunday</b></p> <p><b>BODYATTACK™</b> - Katrina</p> <p>1:30 PM <b>*YOGA</b> - Kaelie</p> <p>1:30 PM <b>**BOOT CAMP</b> - Trent</p>
<p>5:30 AM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:30 AM <b>*RPM™ CYCLE</b> - Nicole</p> <p>9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn</p> <p>9:30 AM <b>BODYFIT (Meet on the track)</b> - Jen</p> <p>10:30 AM <b>*GENTLE YOGA</b> - Gerri</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>4:30 PM <b>**TRX™ BODYFIT</b> - Vanessa</p> <p>4:30 PM <b>STEPJAM</b> - New Release 35</p> <p>Join Caitlin, Gloria, Laurie &amp; Katrina</p> <p>for StepJam NEW Release 35!</p>	<p>5:30 AM <b>BODYPUMP™</b> - Rebekah</p> <p>5:30 AM <b>Stroke Work/Conditioning</b>-Samantha</p> <p>9:00 AM <b>AQUA ZUMBA™</b> - Jen</p> <p>10:30 AM <b>**BOOT CAMP CHALLENGE CLASS!</b></p> <p>Join Val for this special BOOT CAMP CHALLENGE CLASS!</p> <p>11:30 AM <b>BODYPOWER</b> - Caitlin</p> <p>12:00 PM <b>*PILATES</b> - Andrea</p> <p>4:30 PM <b>*YOGABURN</b> - Jen</p> <p>4:30 PM <b>MUSCLEWORKS</b> - Susan</p> <p>5:30 PM <b>ZUMBA™</b> - Beatriz</p> <p>5:30 PM <b>**BODYATTACK™</b>-Chris, Gloria, Katrina</p> <p>Join Chris, Gloria &amp; Katrina</p> <p>for BodyAttack NEW Release 104!</p>	<p>5:30 AM <b>BODYATTACK™</b> - Katrina</p> <p>9:00 AM <b>AQUA Strength Circuits</b> - Beatriz</p> <p>9:30 AM <b>BODYFIT (Meet on the track)</b> - Laurie</p> <p>10:30 AM <b>*YOGA</b> - Gerri</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Val</p> <p>4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>4:30 PM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:00 PM <b>SHIFT™</b> - Jennifer</p> <p>5:30 PM <b>*YOGA</b> - Pam T.</p> <p>5:30 PM <b>TabAQUA QUICKIES</b> - Sylvia</p> <p>5:30 PM <b>BODYPOWER</b> - Gloria</p> <p>6:30 PM <b>WERQ Dance Fitness</b> - Keisha</p> <p>Wear a costume or Halloween colors to this WERQ class and you might win a prize!</p>	<p>5:30 AM <b>BODYPUMP™</b> - Rebekah</p> <p>5:30 AM <b>Stroke Work/Conditioning</b>- Gavle</p> <p>9:00 AM <b>AQUA Fit &amp; Flexible</b> - Beatriz</p> <p>10:30 AM <b>**BOOT CAMP</b> - Val</p> <p>11:30 AM <b>BODYPOWER</b> - Laurie</p> <p>4:30 PM <b>STEPJAM</b> - Caitlin</p> <p>4:30 PM <b>*BODYBARRE</b> - Ryann</p> <p>5:30 PM <b>**BODYATTACK™ EXPRESS</b>-Gloria</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Jennifer &amp; Susan</p> <p>Join Jennifer &amp; Susan</p> <p>RPM NEW Release 84!</p>	<p>4:30 PM <b>BODYPOWER</b> - Gloria</p> <p>5:30 PM <b>*POWER YOGA</b> - Pam T.</p> <p>5:30 PM <b>ZUMBA™</b> - Anael</p> <p>5:30 PM <b>**TAE KWON DO(ages 4-12)</b> - Jeffrey</p> <p>6:30 PM <b>**TAE KWON DO (age 13-adult)-Jeffrey</b></p>	<p>8:30 AM <b>Saturday</b></p> <p><b>*RPM™ CYCLE</b> - Lela</p> <p><b>POUND™ Class</b> - Pam C.</p> <p><b>MUSCLEWORKS</b> - Lita</p> <p><b>*YOGA</b> - Samantha T.</p>
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**Our StepJam, BodyAttack™, WERQ™**
  
**& RPM™ classes will have a**
  
**Halloween theme, so wear a costume or**
  
**Halloween colors and you might win a prize!**