

**Join us for these special classes in September!**  
**TabAqua Quickies- Thursdays at 11:30am in the pool**  
**Water Volleyball -Thursdays at 7pm in the pool**  
**Turbokick™ Remix Round - Tuesday, Sept 11th at 5:30pm**  
**Piloxing™ NEW Release - Wednesday, Sept 19th at 4:30pm**  
**AQUA OPEN HOUSE - Monday, Sept 24th at 5:30pm**

**Have a nice Labor Day!**  
 UFC will be open 8:00am - 12:00pm today.

**Saturday**  
 8:30 AM \*RPM™ CYCLE - Lela  
 9:00 AM POUND™ Class - NO CLASS  
 9:30 AM \*\*TRX™ Tabata Boot Camp- Brian  
 10:00 AM MUSCLEWORKS - Lita  
 10:00 AM \*YOGA - Inarid

**Sunday**  
 1:30 PM PILOXING™ - Jen  
 1:30 PM \*YOGA - Gerri  
 1:30 PM \*\*BOOT CAMP- Brian

**Saturday**  
 8:30 AM \*RPM™ CYCLE - Nicole  
 9:00 AM POUND™ Class - Pam C.  
 9:30 AM \*\*TRX™ Tabata Boot Camp- Vanessa  
 10:00 AM MUSCLEWORKS - Lita  
 10:00 AM \*YOGA - Inarid

**Sunday**  
 1:30 PM BODYATTACK™ - Katrina  
 \*\*BOOT CAMP- Rebecca  
**Room B is closed today for instructor training.**

**Saturday**  
 8:30 AM \*RPM™ CYCLE - Jennifer  
 9:00 AM POUND™ Class - Pam C.  
 9:30 AM \*\*TRX™ Tabata Boot Camp- Toby  
 10:00 AM MUSCLEWORKS - Lita  
 10:00 AM \*YOGA - Gerri

**Sunday**  
 1:30 PM HIT the BARR - Candice  
 \*YOGA - Pam T.  
 1:30 PM \*\*BOOT CAMP- Toby

**Saturday**  
 8:30 AM \*RPM™ CYCLE - Nicole  
 9:00 AM POUND™ Class - Pam C.  
 9:30 AM \*\*TRX™ Tabata Boot Camp- Brian  
 10:00 AM MUSCLEWORKS - Susan  
 10:00 AM \*YOGA - Inarid

**Sunday**  
 1:30 PM P90X LIVE™ - Abigail  
 \*YOGA - Jade  
 1:30 PM \*\*BOOT CAMP- Brian

**Saturday**  
 8:30 AM \*RPM™ CYCLE - Jennifer  
 9:00 AM POUND™ Class - Pam C.  
 9:30 AM \*\*TRX™ Tabata Boot Camp- Vanessa  
 10:00 AM MUSCLEWORKS - Lita  
 10:00 AM \*YOGA - Inarid

**Sunday**  
 1:30 PM STEPJAM - Katrina  
 \*YOGA - Pam T.  
 1:30 PM \*\*BOOT CAMP- Brian

**Have a nice Labor Day!**  
 UFC will be open 8:00am - 12:00pm today.

5:30 AM BODYPUMP™ - Rebekah  
 5:30 AM Stroke Work/Conditioning - Gayle  
 9:00 AM AQUA ZUMBA™ - Jen  
 11:30 AM \*\*BOOT CAMP - Val  
 11:30 AM BODYPOWER - Laurie  
 12:00 PM \*PILATES - Gloria

4:30 PM \*YOGABURN - Jen  
 4:30 PM MUSCLEWORKS - Susan  
 5:30 PM \*\*BODYATTACK™ - Katrina  
 5:30 PM TURBOKICK™ - Sunshine

5:30 AM BODYATTACK™ - Katrina  
 9:30 AM ZUMBA™ - Jen  
 9:00 AM AQUA Strength Circuits - Kathleen  
 10:30 AM \*YOGA - Ashley  
 11:30 AM MUSCLEWORKS - Pennv  
 11:45 AM \*RPM™ CYCLE - Val

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 BODYPOWER - Laurie

5:30 AM BODYPOWER - Tasha  
 5:30 AM Stroke Work/Conditioning - Gayle  
 9:00 AM AQUA Fit & Flexible - Robyn  
 11:30 AM \*\*BOOT CAMP - Val  
 11:30 AM BODYPOWER - Rebecca  
 11:30 AM NEW! TabAQUA QUICKES-Kathleen

**Join Kathleen for this 45-minute Aqua Tabata Class!**

4:30 PM STEPJAM - Laurie  
 4:30 PM \*BODYBARRE - Candice  
 5:30 PM \*\*BODYATTACK™ - Gloria  
 5:30 PM \*RPM™ CYCLE - Susan  
 6:00 PM POUND™ Class - Pam C.  
 7:00 PM NEW! WATER VOLLEYBALL

**Join us in the pool for pick-up style volleyball!**

5:30 AM \*RPM™ CYCLE - Brittnv  
 9:00 AM AQUAFIT Deep - Kville  
 9:30 AM STEP JAM - Katrina  
 10:30 AM MUSCLEWORKS - Pennv  
 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

5:30 AM \*\*TRX BOOT CAMP™ - Brian  
 5:30 AM \*RPM™ CYCLE - Brittnv  
 9:00 AM AQUA Fit & Flexible - Robyn  
 9:30 AM \*YOGABURN - Jen  
 10:30 AM \*GENTLE YOGA - Ashley  
 11:30 AM MUSCLEWORKS - Pennv

4:30 PM \*\*TRX™ Interval Training - Vanessa  
 4:30 PM STEPJAM - Gloria  
 4:30 PM \*BODYBARRE - Laurie  
 5:30 PM AQUA STEP & SCULPT - Jillian  
 5:30 PM \*\*ZUMBA™ - Jasmyn  
 5:30 PM BODYPOWER - Chris  
 5:30 PM \*RPM™ CYCLE - Susan  
 6:30 PM INSANITY™ - Robert  
 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 - Gayle  
 9:00 AM AQUA ZUMBA™ - Jen  
 11:30 AM \*\*BOOT CAMP - Val  
 11:30 AM BODYPOWER - Laurie  
 12:00 PM \*PILATES - Andrea

4:30 PM \*YOGABURN - Jen  
 4:30 PM MUSCLEWORKS - Susan  
 5:30 PM \*\*BODYATTACK™ - Chris  
 5:30 PM TURBOKICK™ - Remix Round!

**Join Candice & Sunshine for TurboKick Remix Round!**

4:30 PM \*TAE KWON DO (ages 4-12) - Jeffrey  
 4:30 PM PILOXING™ - Tasha  
 4:30 PM \*\*TRX BOOT CAMP™ - Toby  
 5:30 PM BODYPOWER - Laurie

5:30 AM STEPJAM - Katrina  
 9:30 AM ZUMBA™ - Jen  
 9:00 AM AQUA Strength Circuits - Kathleen  
 10:30 AM \*YOGA - Ashley  
 11:30 AM MUSCLEWORKS - Pennv  
 11:45 AM \*RPM™ CYCLE - Val

4:30 PM \*TAE KWON DO (ages 4-12) - Jeffrey  
 4:30 PM PILOXING™ - Tasha  
 4:30 PM \*\*TRX BOOT CAMP™ - Toby  
 5:30 PM BODYPOWER - Laurie

5:30 AM BODYPOWER - Chris  
 5:30 AM Stroke Work/Conditioning - Gayle  
 9:00 AM AQUA Fit & Flexible - Robyn  
 11:30 AM \*\*BOOT CAMP - Val  
 11:30 AM BODYPOWER - Rebecca  
 11:30 AM NEW! TabAQUA QUICKES-Kathleen

4:30 PM STEPJAM - Laurie  
 4:30 PM \*BODYBARRE - Candice  
 5:30 PM \*\*BODYATTACK™ - Amber  
 5:30 PM \*RPM™ CYCLE - Susan  
 6:00 PM POUND™ Class - Pam C.  
 7:00 PM NEW! WATER VOLLEYBALL

5:30 AM \*RPM™ CYCLE - Brittnv  
 9:00 AM AQUAFIT Deep - Kylie  
 9:30 AM STEP JAM - Katrina  
 10:30 AM MUSCLEWORKS - Susan  
 11:45 AM \*RPM™ CYCLE - Lela

4:30 PM BODYPOWER - Chris  
 5:30 PM \*POWER YOGA - Pam T.  
 5:30 PM ZUMBA™ - Jillian  
 5:30 PM \*\*TAE KWON DO(ages 4-12) - Jeffrey  
 6:30 PM \*\*TAE KWON DO (age 13-adult) - Jeffrey

5:30 AM \*\*TRX BOOT CAMP™ - Toby  
 5:30 AM \*RPM™ CYCLE - Brittnv  
 9:00 AM AQUA Fit & Flexible - Robyn  
 9:30 AM \*YOGABURN - Jen  
 10:30 AM \*GENTLE YOGA - Ashley  
 11:30 AM MUSCLEWORKS - Susan

4:30 PM \*\*TRX™ Interval Training - Vanessa  
 4:30 PM STEPJAM - Gloria  
 4:30 PM \*BODYBARRE - Laurie  
 5:30 PM AQUA STEP & SCULPT - Jillian  
 5:30 PM \*\*ZUMBA™ - Jasmyn  
 5:30 PM BODYPOWER - Chris  
 5:30 PM \*RPM™ CYCLE - Nicole  
 6:30 PM INSANITY™ - Robert  
 6:30 PM \*GENTLE YOGA - Jade  
 7:00 PM \*\*TAE KWON DO(ages 13-adult) - Jeffrey

5:30 AM BODYPUMP™ - Amber  
 5:30 AM Stroke Work/Conditioning - Gayle  
 9:00 AM AQUA ZUMBA™ - Jen  
 11:30 AM \*\*BOOT CAMP - Val  
 11:30 AM BODYPOWER - Laurie  
 12:00 PM \*PILATES - Andrea

4:30 PM \*YOGABURN - Jen  
 4:30 PM MUSCLEWORKS - Susan  
 5:30 PM \*\*BODYATTACK™ - Katrina  
 5:30 PM TURBOKICK™ - Sunshine

5:30 AM BODYATTACK™ - Katrina  
 9:30 AM ZUMBA™ - Mihot  
 9:00 AM AQUA Strength Circuits - Kathleen  
 10:30 AM \*YOGA - Ashley  
 11:30 AM MUSCLEWORKS - Pennv  
 11:45 AM \*RPM™ CYCLE - Val

4:30 PM \*TAE KWON DO (ages 4-12) - Jeffrey  
 4:30 PM PILOXING™ - Candice, Jen & Tasha

**NEW Piloxing Release!**

4:30 PM \*\*TRX BOOT CAMP™ - Vanessa  
 5:30 PM BODYPOWER - Laurie

5:30 AM BODYPOWER - Chris  
 5:30 AM Stroke Work/Conditioning - Gayle  
 9:00 AM AQUA Fit & Flexible - Robyn  
 11:30 AM \*\*BOOT CAMP - Val  
 11:30 AM BODYPOWER - Rebecca  
 11:30 AM NEW! TabAQUA QUICKES-Kathleen

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.  
 7:00 PM NEW! WATER VOLLEYBALL

5:30 AM \*RPM™ CYCLE - Brittnv  
 9:00 AM AQUAFIT Deep - Kville  
 9:30 AM STEP JAM - Laurie  
 10:30 AM MUSCLEWORKS - Pennv  
 11:45 AM \*RPM™ CYCLE - Lela

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

5:30 AM \*\*TRX BOOT CAMP™ - Brian  
 5:30 AM \*RPM™ CYCLE - Brittnv  
 9:00 AM AQUA Fit & Flexible - Robyn  
 9:30 AM \*YOGABURN - Jen  
 10:30 AM \*GENTLE YOGA - Pamela  
 11:30 AM MUSCLEWORKS - Pennv

4:30 PM \*\*TRX™ Interval Training - Vanessa  
 4:30 PM STEPJAM - Gloria  
 4:30 PM \*BODYBARRE - Laurie  
 5:30 PM AQUA OPEN HOUSE

**Join us in the pool for a special class, prizes & snacks!**

5:30 PM \*\*ZUMBA™ - Jasmyn  
 5:30 PM BODYPOWER - Chris  
 5:30 PM \*RPM™ CYCLE - Susan  
 6:30 PM INSANITY™ - Robert  
 6:30 PM \*GENTLE YOGA - Jade  
 7:00 PM \*\*TAE KWON DO(ages 13-adult) - Jeffrey

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

4:30 PM \*YOGABURN - Jen  
 4:30 PM MUSCLEWORKS - Susan  
 5:30 PM \*\*BODYATTACK™ - Chris  
 5:30 PM TURBOKICK™ - Sunshine

5:30 AM STEPJAM - Katrina  
 9:30 AM ZUMBA™ - Mihot  
 9:00 AM AQUA Strength Circuits - Kathleen  
 10:30 AM \*YOGA - Ashley  
 11:30 AM MUSCLEWORKS - Pennv  
 11:45 AM \*RPM™ CYCLE - Lela

4:30 PM \*TAE KWON DO (ages 4-12) - Jeffrey  
 4:30 PM PILOXING™ - Jen  
 4:30 PM \*\*TRX BOOT CAMP™ - Brian  
 5:30 PM BODYPOWER - Laurie

5:30 AM BODYPOWER - Chris  
 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  
 11:30 AM NEW! TabAQUA QUICKES-Kathleen

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.  
 7:00 PM NEW! WATER VOLLEYBALL

5:30 AM \*RPM™ CYCLE - Caitlin  
 9:00 AM AQUAFIT Deep - Kville  
 9:30 AM STEP JAM - Laurie  
 10:30 AM MUSCLEWORKS - Susan  
 11:45 AM \*RPM™ CYCLE - Lela  
 11:30 AM Strength Basics - Gloria

**Try this 30-minute strength training 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

**Saturday**  
 8:30 AM \*RPM™ CYCLE - Jennifer  
 9:00 AM POUND™ Class - Pam C.  
 9:30 AM \*\*TRX™ Tabata Boot Camp- Vanessa  
 10:00 AM MUSCLEWORKS - Lita  
 10:00 AM \*YOGA - Inarid

**Sunday**  
 1:30 PM STEPJAM - Katrina  
 \*YOGA - Pam T.  
 1:30 PM \*\*BOOT CAMP- Brian