

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
5:30 AM <b>**TRX BOOT CAMP™</b> - Brian 5:30 AM <b>"RPM™ CYCLE"</b> - Brittny 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 9:30 AM <b>*YOGABURN™</b> - Jen 10:30 AM <b>*GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Susan  4:30 PM <b>**TRX™ Interval Training</b> - Vanessa 4:30 PM <b>STEPJAM</b> - Gloria 4:30 PM <b>*BODYBARRE</b> - Laurie 5:30 PM <b>AQUA STEP &amp; SCULPT</b> - Jillian 5:30 PM <b>**ZUMBA™</b> - Jasmyn 5:30 PM <b>BODYPOWER</b> - Chris 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>*GENTLE YOGA</b> - Gerri 7:00 PM <b>**TAE KWON DO</b> (age 13-adult) - Jeffrey	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA ZUMBA™</b> - Jen 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Gloria 12:00 PM <b>*PILATES</b> - Andrea  4:30 PM <b>*YOGABURN™</b> - Jen 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM <b>**BODYATTACK™</b> - Katrina 5:30 PM <b>"RPM™ CYCLE"</b> - Nicole <b>Love to ride? We added a NEW RPM™ Cycle class to our evening lineup!!</b>	5:30 AM <b>STEPJAM</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Jen 9:00 AM <b>AQUA Strength Circuits</b> - Kathleen 10:30 AM <b>*YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Susan 11:45 AM <b>"RPM™ CYCLE"</b> - Val  4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM <b>**TRX BOOT CAMP™</b> - Brian 5:30 PM <b>BODYPOWER</b> - Chris	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Rebecca 11:30 AM <b>TabAQUA QUICKES</b> - Kathleen  4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM <b>*BODYBARRE</b> - Candice 5:30 PM <b>**BODYATTACK™</b> - Gloria 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:00 PM <b>POUND™ Class</b> - Pam C. 7:00 PM <b>WATER VOLLEYBALL</b>	5:30 AM <b>*RPM™ CYCLE</b> - Caitlin 9:00 AM <b>AQUA FIT Deep</b> - Kylie 9:30 AM <b>STEP JAM</b> - Laurie 10:30 AM <b>MUSCLEWORKS</b> - Susan 11:45 AM <b>*RPM™ CYCLE</b> - Lela  4:30 PM <b>BODYPOWER</b> - Gloria 5:30 PM <b>*POWER YOGA</b> - Pam T. 5:30 PM <b>ZUMBA™</b> - Anael 5:30 PM <b>**TAE KWON DO(ages 4-12)</b> - Jeffrey 6:30 PM <b>**TAE KWON DO (age 13-adult)</b> - Jeffrey	<b>Saturday</b> 8:30 AM <b>*RPM™ CYCLE</b> - Caitlin 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM <b>**TRX™ Tabata Boot Camp</b> - Tobv 10:00 AM <b>MUSCLEWORKS</b> - Lita 10:00 AM <b>*YOGA</b> - Inarid  <b>Sunday</b> 1:30 PM <b>BODYATTACK™</b> - Katrina 1:30 PM <b>*YOGA</b> - Pamela 1:30 PM <b>** BOOT CAMP</b> - Brian
5:30 AM <b>**TRX BOOT CAMP™</b> - Brian 5:30 AM <b>"RPM™ CYCLE"</b> - Brittny 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 9:30 AM <b>*YOGABURN™</b> - Jen 10:30 AM <b>*GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Susan  4:30 PM <b>**TRX™ Interval Training</b> - Vanessa 4:30 PM <b>STEPJAM</b> - Gloria 4:30 PM <b>*BODYBARRE</b> - Laurie 5:30 PM <b>AQUA STEP &amp; SCULPT</b> - Jillian 5:30 PM <b>**ZUMBA™</b> - Jasmyn 5:30 PM <b>BODYPOWER</b> - Chris 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>*GENTLE YOGA</b> - Pam T. 7:00 PM <b>**TAE KWON DO</b> (age 13-adult) - Jeffrey	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA ZUMBA™</b> - Jen 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM <b>*PILATES</b> - Andrea  4:30 PM <b>*YOGABURN™</b> - Jen 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM <b>**BODYATTACK™</b> - Chris 5:30 PM <b>"RPM™ CYCLE"</b> - Nicole	5:30 AM <b>BODYATTACK™</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Jen 9:00 AM <b>AQUA Strength Circuits</b> - Kathleen 10:30 AM <b>*YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Susan 11:45 AM <b>"RPM™ CYCLE"</b> - Val  4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM <b>**TRX BOOT CAMP™</b> - Brian 5:30 PM <b>BODYPOWER</b> - Laurie	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Rebecca 11:30 AM <b>TabAQUA QUICKES</b> - Kathleen  4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM <b>*BODYBARRE</b> - Candice 5:30 PM <b>**BODYATTACK™</b> - Amber 5:30 PM <b>"RPM™ CYCLE"</b> - Nicole 6:00 PM <b>POUND™ Class</b> - Pam C. 7:00 PM <b>WATER VOLLEYBALL</b>	5:30 AM <b>*RPM™ CYCLE</b> - Brittny 9:00 AM <b>AQUA FIT Deep</b> - Kathleen 9:30 AM <b>STEP JAM</b> - Laurie 10:30 AM <b>MUSCLEWORKS</b> - Brian 11:45 AM <b>*RPM™ CYCLE</b> - Lela  4:30 PM <b>BODYPOWER</b> - Gloria 5:30 PM <b>*POWER YOGA</b> - Pam T. 5:30 PM <b>ZUMBA™</b> - Anael 5:30 PM <b>**TAE KWON DO(ages 4-12)</b> - Jeffrey 6:30 PM <b>**TAE KWON DO (age 13-adult)</b> - Jeffrey	<b>Saturday</b> 8:30 AM <b>*RPM™ CYCLE</b> - Brittny 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM <b>**TRX™ Tabata Boot Camp</b> - Vanessa 10:00 AM <b>MUSCLEWORKS</b> - Lita 10:00 AM <b>*YOGA</b> - Inarid  <b>Sunday</b> 1:30 PM <b>P90X LIVE™</b> - Abigail 1:30 PM <b>*YOGA</b> - Pam T. 1:30 PM <b>** BOOT CAMP</b> - Brian
5:30 AM <b>**TRX BOOT CAMP™</b> - Tobv 5:30 AM <b>"RPM™ CYCLE"</b> - Brittny 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 9:30 AM <b>*YOGABURN™</b> - Jen 10:30 AM <b>*GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Brian  4:30 PM <b>**TRX™ Interval Training</b> - Vanessa 4:30 PM <b>STEPJAM</b> - Gloria 4:30 PM <b>*BODYBARRE</b> - Laurie 5:30 PM <b>AQUA STEP &amp; SCULPT</b> - Jillian 5:30 PM <b>**ZUMBA™</b> - Jasmyn 5:30 PM <b>BODYPOWER</b> - Chris 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>*GENTLE YOGA</b> - Pam T. 7:00 PM <b>**TAE KWON DO</b> (age 13-adult) - Jeffrey	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA ZUMBA™</b> - Jen 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Pennv 12:00 PM <b>*PILATES</b> - Andrea  4:30 PM <b>*YOGABURN™</b> - Jen 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM <b>**BODYATTACK™</b> - Katrina 5:30 PM <b>"RPM™ CYCLE"</b> - Brittny	5:30 AM <b>STEPJAM</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Jen 9:00 AM <b>AQUA Strength Circuits</b> - Kathleen 10:30 AM <b>*YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM <b>"RPM™ CYCLE"</b> - Val  4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM <b>**TRX BOOT CAMP™</b> - Brian 5:30 PM <b>BODYPOWER</b> - Laurie	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Rebecca 11:30 AM <b>NEW! TabAQUA QUICKES</b> - Kathleen  4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM <b>*BODYBARRE</b> - Candice 5:30 PM <b>**BODYATTACK™</b> - Gloria 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:00 PM <b>POUND™ Class</b> - Pam C. 7:00 PM <b>NEW! WATER VOLLEYBALL</b>	5:30 AM <b>*RPM™ CYCLE</b> - Brittny 9:00 AM <b>AQUA FIT Deep</b> - Kylie 9:30 AM <b>STEP JAM</b> - Laurie 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM <b>*RPM™ CYCLE</b> - Lela  <b>NEW! TabAQUA QUICKES</b> - Kathleen <b>low impact cardio workout!</b> 11:45 AM <b>*RPM™ CYCLE</b> - Lela	<b>Saturday</b> 8:30 AM <b>*RPM™ CYCLE</b> - Lela 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM <b>**TRX™ Tabata Boot Camp</b> - Caitlin 10:00 AM <b>MUSCLEWORKS</b> - Susan 10:00 AM <b>*YOGA</b> - Inarid  <b>Sunday</b> 1:30 PM <b>HIT the BARRE</b> - Candice 1:30 PM <b>*YOGA</b> - Gerri 1:30 PM <b>** BOOT CAMP</b> - Brian
5:30 AM <b>**TRX BOOT CAMP™</b> - Brian 5:30 AM <b>"RPM™ CYCLE"</b> - Caitlin 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 9:30 AM <b>*YOGABURN™</b> - Jen 10:30 AM <b>*GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Pennv  4:30 PM <b>**TRX™ Interval Training</b> - Vanessa 4:30 PM <b>STEPJAM</b> - Gloria 4:30 PM <b>*BODYBARRE</b> - Laurie 5:30 PM <b>AQUA STEP &amp; SCULPT</b> - Jillian 5:30 PM <b>**ZUMBA™</b> - Jasmyn 5:30 PM <b>BODYPOWER</b> - Chris 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>*GENTLE YOGA</b> - Gerri 7:00 PM <b>**TAE KWON DO</b> (age 13-adult) - Jeffrey	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA ZUMBA™</b> - Jen 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM <b>*PILATES</b> - Andrea  4:30 PM <b>*YOGABURN™</b> - Jen 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM <b>**BODYATTACK™</b> - Katrina 5:30 PM <b>"RPM™ CYCLE"</b> - Nicole	5:30 AM <b>BODYATTACK™</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Jen 9:00 AM <b>AQUA Strength Circuits</b> - Kathleen 10:30 AM <b>*YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM <b>"RPM™ CYCLE"</b> - Val  4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM <b>**TRX BOOT CAMP™</b> - Brian 5:30 PM <b>BODYPOWER</b> - Laurie	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Rebecca 11:30 AM <b>NEW! TabAQUA QUICKES</b> - Kathleen  4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM <b>*BODYBARRE</b> - Anna 5:30 PM <b>**BODYATTACK™</b> - Gloria 5:30 PM <b>"RPM™ CYCLE"</b> - Susan 6:00 PM <b>POUND™ Class</b> - Pam C. 7:00 PM <b>NEW! WATER VOLLEYBALL</b>	5:30 AM <b>*RPM™ CYCLE</b> - Brittny 9:00 AM <b>AQUA FIT Deep</b> - Kylie 9:30 AM <b>STEP JAM</b> - Laurie 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:30 AM <b>FITSTART</b> - Gloria <b>Try this 30-minute low impact cardio workout!</b> 11:45 AM <b>*RPM™ CYCLE</b> - Lela	<b>Saturday</b> 8:30 AM <b>*RPM™ CYCLE</b> - Susan 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM <b>**TRX™ Tabata Boot Camp</b> - Caitlin 10:00 AM <b>MUSCLEWORKS</b> - Lita 10:00 AM <b>*YOGA</b> - Inarid  <b>Sunday</b> 1:30 PM <b>NEW! KICK &amp; SCULPT</b> - Lita <b>Try this new interval-style class that combines kickboxing with strength training exercises.</b> 1:30 PM <b>*YOGA</b> - Kaelie 1:30 PM <b>** BOOT CAMP</b> - Brian
5:30 AM <b>**TRX BOOT CAMP™</b> - Tobv 5:30 AM <b>"RPM™ CYCLE"</b> - Caitlin 9:00 AM <b>AQUA Fit &amp; Flexible</b> - Robyn 9:30 AM <b>*YOGABURN™</b> - Jen 10:30 AM <b>*GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Pennv 4:30 PM <b>**TRX™ Interval Training</b> - Vanessa 4:30 PM <b>STEPJAM</b> - <b>NEW RELEASE!</b> <b>Join us for StepJam Release 32!</b> 4:30 PM <b>*BODYBARRE</b> - Anna 5:30 PM <b>AQUA STEP &amp; SCULPT</b> - Jillian 5:30 PM <b>**ZUMBA™</b> - Jasmyn 5:30 PM <b>BODYPOWER</b> - Katrina 5:30 PM <b>"RPM™ CYCLE"</b> - <b>NEW RELEASE!</b> <b>Join us for RPM Release 80!</b> 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>*GENTLE YOGA</b> - Sheila 7:00 PM <b>**TAE KWON DO</b> (age 13-adult) - Jeffrey	5:30 AM <b>BODYPUMP™</b> - Rebekah 5:30 AM <b>Stroke Work/Conditioning</b> - Gayle 9:00 AM <b>AQUA ZUMBA™</b> - Jen 11:30 AM <b>**BOOT CAMP</b> - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM <b>*PILATES</b> - Andrea  4:30 PM <b>*YOGABURN™</b> - Jen 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM <b>**BODYATTACK™</b> - <b>NEW RELEASE!</b> 5:30 PM <b>"RPM™ CYCLE"</b> - Nicole <b>Join our team for BodyAttack Release 101!</b> <b>This class is FREE to the public!!!</b>	5:30 AM <b>STEPJAM</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Jen 9:00 AM <b>AQUA Strength Circuits</b> - Kathleen 10:30 AM <b>*YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM <b>"RPM™ CYCLE"</b> - Val  4:30 PM <b>**TRX BOOT CAMP™</b> - Brian	<b>Our StepJam, RPM™, and BodyAttack™ NEW releases will have a Halloween theme, so wear a costume or halloween colors and you may win a special prize!</b>		