

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 5:30 AM 9:00 AM 11:30 AM 11:30 AM 11:30 AM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AQUA Fit & Flexible - Robyn **BOOT CAMP - Val BODYPOWER - Rebecca TabAQUA QUICKES-Kathleen	5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM *RPM™ CYCLE - Brittny AQUA FIT Deep - Kylie STEP JAM - Laurie MUSCLEWORKS - Pennv *RPM™ CYCLE - Lela	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM *RPM™ CYCLE - Susan POUND™ Class - Pam C. **TRX™ Tabata Boot Camp Toby MUSCLEWORKS - Lita *YOGA - Kaelie
			4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM STEPJAM - Caitlin *BODYBARRE - Candice **BODYATTACK™ - Gloria *RPM™ CYCLE - Susan POUND™ Class - Pam C	4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM BODYPOWER - Gloria *POWER YOGA - Pam T. ZUMBA™ - Angel **TAE KWON DO(ages 4-12) - Jeffrev **TAE KWON DO (age 13-adult)- Jeffrev	1:30 PM 1:30 PM 1:30 PM New! KICK & SCULPT - Lita Try this new interval-style class that combines kickboxing with strength training exercises. *YOGA - Pam T. ** BOOT CAMP- Brian
5:30 AM 5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM **TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin AQUA Fit & Flexible - Robyn *YOGABURN - Jen *GENTLE YOGA - Ashley MUSCLEWORKS - Susan	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AQUA ZUMBA™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 9:30 AM 9:00 AM 10:30 AM 11:30 AM 11:45 AM BODYATTACK™ - Katrina ZUMBA™ - Jen AQUA Strength Circuits - Kylie *YOGA - Ashley MUSCLEWORKS - Susan *RPM™ CYCLE - Val	5:30 AM 5:30 AM 9:00 AM 11:30 AM 11:30 AM 11:30 AM BODYPUMP™ - Rebekah Stroke Work/Conditioning - Gayle AQUA Fit & Flexible - Robyn **BOOT CAMP - Val BODYPOWER - Rebecca TabAQUA QUICKES-Kathleen	5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM *RPM™ CYCLE - Brittny AQUA FIT Deep - Kathleen STEP JAM - Laurie MUSCLEWORKS - Brian *RPM™ CYCLE - Susan	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM *RPM™ CYCLE - Caitlin POUND™ Class - Pam C. **TRX™ Tabata Boot Camp Brian MUSCLEWORKS - Lita *YOGA - Ingrid
4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM **TRX™ Interval Training - Vanessa STEPJAM - Gloria *BODYBARRE - Anna New! AQUA STEP & SCULPT - Jillian **INSANITY™(45 minutes) - Robert Join Robert on the back court at 5:30pm! 5:30 PM 5:30 PM 6:30 PM 7:00 PM BODYPOWER - Chris *RPM™ CYCLE - Susan *GENTLE YOGA - Gerri **TAE KWON DO(ages 13-adult)-Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM *YOGABURN - Jen MUSCLEWORKS - Susan New! ZUMBA™ - Sasha Join Sasha for Zumba™ at its NEW day and time! 5:30 PM 5:30 PM **BODYATTACK™ - Katrina *RPM™ CYCLE - Nicole	4:30 PM 4:30 PM 4:30 PM 5:30 PM *TAE KWON DO (ages 4-12) - Jeffrev PILOXING™ - Tasha **TRX BOOT CAMP™ - Brian BODYPOWER - Laurie	4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM STEPJAM - Caitlin *BODYBARRE - Candice **BODYATTACK™ - Gloria *RPM™ CYCLE - Nicole POUND™ Class - Pam C.	4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM BODYPOWER - Chris *POWER YOGA - Pam T. ZUMBA™ - Angel **TAE KWON DO(ages 4-12) - Jeffrev **TAE KWON DO (age 13-adult)-Jeffrey	1:30 PM 1:30 PM 1:30 PM HIT the BARRE - Candice *YOGA - Pam T. ** BOOT CAMP- Brian
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4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM **TRX™ Interval Training - Vanessa STEPJAM - Gloria *BODYBARRE - Anna New! AQUA STEP & SCULPT - Jillian **INSANITY™(45 minutes) - Robert 5:30 PM 5:30 PM 6:30 PM 7:00 PM BODYPOWER - Chris, Gloria & Laurie Join us for BodyPower Release 30! 5:30 PM 5:30 PM 6:30 PM 7:00 PM *RPM™ CYCLE - Susan *GENTLE YOGA - Gerri **TAE KWON DO(ages 13-adult)-Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM *YOGABURN - New Release! Join Jen, Kaelie & Tasha for the NEW YogaBurn Release 12! 4:30 PM 5:30 PM 5:30 PM 5:30 PM MUSCLEWORKS - Susan New! ZUMBA™ - Sasha **BODYATTACK™ - Chris *RPM™ CYCLE - Nicole	4:30 PM 4:30 PM 4:30 PM 5:30 PM *TAE KWON DO (ages 4-12) - Jeffrev PILOXING™ - Tasha **TRX BOOT CAMP™ - Brian BODYPOWER - Laurie	4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM STEPJAM - Caitlin *BODYBARRE - Candice **BODYATTACK™ - Gloria *RPM™ CYCLE - Susan POUND™ Class - Pam C.	4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM BODYPOWER - Gloria *POWER YOGA - Kaelie ZUMBA™ - Angel **TAE KWON DO(ages 4-12) - Jeffrev **TAE KWON DO (age 13-adult)-Jeffrey	

