


**Thanks for participating in our annual
 FITNESS CHALLENGE CONTEST through Dec 20th.**
Drop your completed card in the blue box across from the front desk.
Please write your name, email address, & T-shirt size on the back.
We will draw for a FREE month membership on Monday, Dec 31st at 11:00am.

<p>5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM "RPM™ CYCLE - Brittny 9:00 AM AQUA Fit & Flexible - Robyn 9:30 AM *YOGABURN - Jen 10:30 AM *GENTLE YOGA - Ashley 11:30 AM MUSCLEWORKS - Penny</p> <p>4:30 PM **TRX™ Interval Training - Vanessa 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Anna 5:30 PM AQUA STEP & SCULPT - Jillion 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(age 13-adult) - Jeffrey</p>	<p>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</p> <p>4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Susan 5:30 PM ZUMBA™ - Sasha 5:30 PM **BODYATTACK™ - Katrina 5:30 PM "RPM™ CYCLE - Nicole</p> <p>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</p> <p>4:30 PM *YOGABURN - 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Brittny 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Caitlin 10:00 AM MUSCLEWORKS - Lita *YOGA - Inarid</p> <p>Sunday 1:30 PM KICK & SCULPT - Lita *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Tobyn</p> <p>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 - Susan *YOGA - Inarid</p> <p>Sunday 1:30 PM P90X LIVE™ - Abigail *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian</p> <p>Saturday 8:30 AM "RPM™ CYCLE - Lela 9:00 AM POUND™ Class - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Brian 10:00 AM MUSCLEWORKS - Lita *YOGA - Inarid</p> <p>Sunday 1:30 PM BODYATTACK™ - Katrina *YOGA - Kaelie 1:30 PM ** BOOT CAMP - Brian</p> <p>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 *YOGA - Inarid</p> <p>Sunday 1:30 PM KICK & SCULPT - Lita *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian</p>
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<p style="text-align: center;">No classes on Christmas Eve!</p> <p style="text-align: center;">New Year's Eve Workout 9:30am - 11:00am</p> <p>Come join us and sample segments from your favorite classes including StepJam, BodyAttack™, Zumba™ and Pound™.</p>	<p style="text-align: center;">  Merry Christmas! We will be closed Christmas Day. </p>	<p style="text-align: center;"> Happy Holidays! We will have a reduced schedule today.</p> <p>10:30 AM YOGA - Gerri</p> <p>4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM BODYPOWER - Chris</p>	<p>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 TabAQUA QUICKES - Kathleen</p> <p>4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM **BODYATTACK™ - Amber 5:30 PM "RPM™ CYCLE - Brittny 6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM "RPM™ CYCLE - Brittny 9:00 AM AQUA FIT Deep - Kylie 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Brian 11:45 AM "RPM™ CYCLE - Lela</p> <p>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</p>	<p>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 *YOGA - Inarid</p> <p>Sunday 1:30 PM KICK & SCULPT - Lita *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian</p>