

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p><b>Happy New Year!</b> No classes today. We will be open 8am -12pm.</p> <p>Look for our upcoming <b>Raise a Little Health Contest!</b> January 22- 26! Members who take our featured classes this week go into a drawing for a \$250.00 Amazon gift card!</p>	<p>5:30 AM BODYPOWER - Andee 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Basic Circuits - Jenny 10:00 AM AQUA ZUMBA™ -NO CLASS TODAY! 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Laurie 12:00 PM *PILATES - Andrea</p> <p>4:30 PM **YOGABURN - Gloria 4:30 PM MUSCLEWORKS - Susan 5:30 PM **BODYATTACK™ - Chris 5:30 PM TURBOKICK™ - Sunshine</p>	<p>5:30 AM STEPJAM - Katrina 9:30 AM ZUMBA™ - Michelle 10:00 AM AQUA FIT Intervals - Laurie 10:30 AM *YOGA - Pam T. 11:30 AM MUSCLEWORKS - Pennv 11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Rebecca 5:30 PM *HIIT the BARRE - Gloria 5:30 PM BODYPOWER - Laurie 6:30 PM POUND™ Class(30 min) - Pam C.</p> <p>Sweat, sculpt &amp; ROCK with Pound™, the fastest growing group fitness phenomenon inspired by the energizing fun of drumming!</p>	<p>5:30 AM BODYPOWER - Andee 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM AQUA Basic Circuits - Kathleen 10:00 AM AQUA ZUMBA™ - Kathleen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rebecca</p> <p>4:30 PM STEPJAM - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM U-JAM FITNESS® - Sam 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan</p>	<p>5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM AQUA FIT Deep - Jennv 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Pennv 11:45 AM *RPM™ CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Gloria 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Jen 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey 6:30 PM TAE KWON DO (age 13-adult) - Jeffrey</p>	<p><b>Saturday</b> 8:30 AM *RPM™ CYCLE - Lela 9:00 AM <b>New!</b> POUND™ Class - Pam C. 9:00 AM MUSCLEWORKS - Susan 10:00 AM Sweat, sculpt &amp; ROCK with Pound™, the fastest growing group fitness phenomenon inspired by the energizing fun of drumming! 9:30 AM **TRX™ Tabata Training- Brian 10:00 AM MUSCLEWORKS - Susan 10:00 AM *YOGA - Ingrid</p> <p><b>Sunday</b> 1:30 PM P90X LIVE™ - Abigail 1:30 PM *YOGA - Sheila 1:30 PM **BOOT CAMP- Brian</p>
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