

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Check out our NEW AQUA Classes this month!</p> <p>Aqua Barre Fight on Mondays at 5:30pm - This high-energy class combines cardio kickboxing with sculpting barre moves for a KNOCKOUT workout!</p> <p>Aqua Jocks on Wednesdays at 5:30pm - This sports-inspired, high intensity interval class will bring out the athlete in everyBODY!</p>					
<p style="font-size: 2em; color: blue; transform: rotate(-15deg);">Have a nice Labor Day!</p> <p>UFC will be open 8:00am - 12:00pm today.</p>	<p>5:30 AM <b>BODYPOWER</b> - Andee</p> <p>5:30 AM <b>Stroke Work/Conditioning</b> - Gavle</p> <p>8:00 AM <b>AQUA Basic Circuits</b> - Kathleen</p> <p>9:00 AM <b>AQUA ZUMBA™</b> - Jen</p> <p>11:30 AM <b>**BOOT CAMP - Val</b></p> <p>11:30 AM <b>BODYPOWER</b> - Laurie</p> <p>12:00 PM <b>*PILATES</b> - Andrea</p>	<p>5:30 AM <b>STEPJAM</b> - Katrina</p> <p>9:30 AM <b>ZUMBA™</b> - Candace</p> <p>10:00 AM <b>AQUA FIT Intervals</b> - Laurie</p> <p>10:30 AM <b>*YOGA</b> - Pam T.</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Val</p>	<p>5:30 AM <b>BODYPOWER</b> - Chris</p> <p>5:30 AM <b>Stroke Work/Conditioning</b> - Gavle</p> <p>9:00 AM <b>AQUA Basic Circuits</b> - Kathleen</p> <p>10:00 AM <b>AQUA ZUMBA™</b> - Jen</p> <p>11:30 AM <b>**BOOT CAMP - Val</b></p> <p>11:30 AM <b>BODYPOWER</b> - Rebecca</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Caitlin</p> <p>8:00 AM <b>AQUA Boot Camp Challenge-Cordell</b></p> <p>9:30 AM <b>STEP JAM</b> - Laurie</p> <p>10:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Lela</p>	<p><b>Saturday</b></p> <p>8:30 AM <b>*RPM™ CYCLE</b> - Caitlin</p> <p>9:00 AM <b>STEPJAM</b> - Gloria</p> <p>9:30 AM <b>**TRX™ Tabata Training</b> - Brian</p> <p>10:00 AM <b>MUSCLEWORKS</b> - Lita</p> <p>10:00 AM <b>*YOGA</b> - Inarid</p>
	<p>4:30 PM <b>*YOGABURN</b> - Jen</p> <p>4:30 PM <b>MUSCLEWORKS</b> - Lita</p> <p>5:30 PM <b>AQUA Zumba™</b> - Kathleen</p> <p>5:30 PM <b>*STRONG by ZUMBA™</b> - Candace</p> <p>5:30 PM <b>**BODYATTACK™</b> - Chris</p> <p>5:30 PM <b>TURBOKICK™</b> - Sunshine</p>	<p>4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>4:30 PM <b>PILOXING™</b> - Tasha</p> <p><b>**TRX BOOT CAMP™</b> - Rebecca</p> <p><b>**TRX AQUA JOCKS</b> - Cordell</p> <p>5:30 PM <b>*BODYBARRE</b> - Gloria</p> <p>5:30 PM <b>*BODYATTACK™</b> - Laurie</p> <p>6:30 PM <b>**INSANITY™</b> - Robert</p>	<p>4:30 PM <b>New! STEPJAM</b> - Laurie</p> <p><b>By popular demand, we added a StepJam class!</b></p> <p>4:30 PM <b>*BODYBARRE</b> - Candice</p> <p>5:30 PM <b>AQUA Boot Camp Challenge-Cordell</b></p> <p>5:30 PM <b>**BODYATTACK™</b> - Gloria</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Brittny</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Caitlin</p> <p>8:00 AM <b>AQUA Boot Camp Challenge-Cordell</b></p> <p>9:30 AM <b>STEP JAM</b> - Laurie</p> <p>10:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Lela</p>	<p><b>Sunday</b></p> <p>1:30 PM <b>P90X LIVE™</b> - Abigail</p> <p><b>*YOGA</b> - Pam T.</p> <p>1:30 PM <b>** ROOT CAMP</b> - Rebecca</p>
<p>5:30 AM <b>**TRX BOOT CAMP™</b> - Brian</p> <p>5:30 AM <b>*RPM™ CYCLE</b> - Brittny</p> <p>9:30 AM <b>*YOGABURN</b> - Jen</p> <p>10:00 AM <b>AQUA FIT Intervals</b> - Jennv</p> <p>10:30 AM <b>*GENTLE YOGA</b> - Pamala</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p>	<p>5:30 AM <b>BODYPOWER</b> - Andee</p> <p>5:30 AM <b>Stroke Work/Conditioning</b> - Gavle</p> <p>8:00 AM <b>AQUA Basic Circuits</b> - Kathleen</p> <p>9:00 AM <b>AQUA ZUMBA™</b> - Jen</p> <p>11:30 AM <b>**BOOT CAMP - Val</b></p> <p>11:30 AM <b>BODYPOWER</b> - Chris</p> <p>12:00 PM <b>*PILATES</b> - Andrea</p>	<p>5:30 AM <b>BODYATTACK™</b> - Katrina</p> <p>9:30 AM <b>ZUMBA™</b> - Candace</p> <p>10:00 AM <b>AQUA FIT Intervals</b> - Jennv</p> <p>10:30 AM <b>*YOGA</b> - Ashley</p> <p>11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Val</p>	<p>5:30 AM <b>BODYPOWER</b> - Chris</p> <p>5:30 AM <b>Stroke Work/Conditioning</b> - Gavle</p> <p>9:00 AM <b>AQUA Basic Circuits</b> - Kathleen</p> <p>10:00 AM <b>AQUA ZUMBA™</b> - Kathleen</p> <p>11:30 AM <b>**BOOT CAMP - Val</b></p> <p>11:30 AM <b>BODYPOWER</b> - Rebecca</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Susan</p> <p>8:00 AM <b>AQUA Boot Camp Challenge-Cordell</b></p> <p>9:30 AM <b>STEP JAM</b> - Laurie</p> <p>10:30 AM <b>MUSCLEWORKS</b> - Susan</p> <p>11:45 AM <b>*RPM™ CYCLE</b> - Lela</p>	<p><b>Saturday</b></p> <p>8:30 AM <b>*RPM™ CYCLE</b> - Lela</p> <p>9:00 AM <b>BODYATTACK™</b> - Rachel</p> <p>9:30 AM <b>**TRX™ Tabata Training</b> - Brian</p> <p>10:00 AM <b>MUSCLEWORKS</b> - Lita</p> <p>10:00 AM <b>*YOGA</b> - Pam T.</p>
<p>4:30 PM <b>**TRX™ Interval Training</b> - Rebecca</p> <p>4:30 PM <b>STEPJAM</b> - Gloria</p> <p>4:30 PM <b>*BODYBARRE</b> - Jennv</p> <p>5:30 PM <b>New! AQUA BARRE FIGHT</b> - Jennv</p> <p>5:30 PM <b>*ZUMBA™</b> - Michelle</p> <p>5:30 PM <b>BODYPOWER</b> - Chris</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Caitlin</p> <p>6:30 PM <b>**INSANITY™</b> - Robert</p> <p>6:30 PM <b>*GENTLE YOGA</b> - Inarid</p> <p>7:00 PM <b>**TAE KWON DO (age 13-adult)</b> - Jeffrey</p>	<p>4:30 PM <b>*YOGABURN</b> - Jen</p> <p>4:30 PM <b>MUSCLEWORKS</b> - Susan</p> <p>5:30 PM <b>AQUA Zumba™</b> - Kathleen</p> <p>5:30 PM <b>*STRONG by ZUMBA™</b> - Candace</p> <p>5:30 PM <b>**BODYATTACK™</b> - Chris</p> <p>5:30 PM <b>TURBOKICK™</b> - Sunshine</p>	<p>4:30 PM <b>*TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>4:30 PM <b>PILOXING™</b> - Jennv</p> <p><b>**TRX BOOT CAMP™</b> - Rebecca</p> <p><b>**TRX AQUA JOCKS</b> - Cordell</p> <p>5:30 PM <b>*BODYBARRE</b> - Gloria</p> <p>5:30 PM <b>*BODYATTACK™</b> - Laurie</p> <p>5:30 PM <b>**INSANITY™</b> - Robert</p>	<p>4:30 PM <b>New! STEPJAM</b> - Laurie</p> <p>4:30 PM <b>*BODYBARRE</b> - Candice</p> <p>5:30 PM <b>AQUA Boot Camp Challenge-Cordell</b></p> <p>5:30 PM <b>**BODYATTACK™</b> - Gloria</p> <p>5:30 PM <b>*RPM™ CYCLE</b> - Susan</p>	<p>4:30 PM <b>BODYPOWER</b> - Chris</p> <p>5:30 PM <b>*POWER YOGA</b> - Pam T.</p> <p>5:30 PM <b>ZUMBA™</b> - Candace</p> <p>5:30 PM <b>**TAE KWON DO (ages 4-12)</b> - Jeffrey</p> <p>6:30 PM <b>TAE KWON DO (age 13-adult)</b> - Jeffrey</p>	<p><b>Sunday</b></p> <p>1:30 PM <b>HITT the BARRE Class Preview!</b></p> <p><b>Join Candice, Gloria, Jennv &amp; Laurie for this class combining toning barre moves high intensity cardio intervals for a fat-torching workout.</b></p> <p>1:30 PM <b>*YOGA</b> - Jade</p> <p>1:30 PM <b>** ROOT CAMP</b> - Brian</p>
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