


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Our morning AQUA classes have changed!</p> <p>AQUA classes will be at 9:00am</p> <p>Monday through Friday</p> <p>through the summer.</p> 	5:30 AM <b>BODYPOWER</b> - Andee Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA ZUMBA™</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM *PILATES - Andrea	5:30 AM <b>BODYATTACK™ Express</b> - Rachel ZUMBA™ - Miho 9:30 AM <b>AQUA FIT Intervals</b> - Jennv *YOGA - Ashlev 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM *RPM™ CYCLE - Val	5:30 AM <b>BODYPOWER</b> - Chris Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA Basic Circuits</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Rebecca	5:30 AM *RPM™ CYCLE - Jennifer 9:00 AM <b>AQUA FIT Deep</b> - Jennv 9:30 AM <b>STEP JAM</b> - Laurie 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM *RPM™ CYCLE - Lela	<b>Saturday</b> 8:30 AM *RPM™ CYCLE - Susan 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Brian 10:00 AM <b>MUSCLEWORKS</b> - Lita 10:00 AM *YOGA - Inarid
	4:30 PM *YOGABURN - Gloria 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM **BODYATTACK™ - Chris 5:30 PM <b>TURBOKICK™</b> - Sunshine	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM <b>BODYPOWER</b> - Laurie 6:30 PM <b>POUND™ Class(30 min)</b> - Pam C.	4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM <b>U-JAM FITNESS®</b> - Sam 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan	4:30 PM <b>BODYPOWER</b> - Gloria 5:30 PM *POWER YOGA - Pam T. 5:30 PM <b>ZUMBA™</b> - Anael 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrey	<b>Sunday</b> 1:30 PM <b>P90X LIVE™</b> - Abigail 1:30 PM *YOGA - Pamela 1:30 PM **BOOT CAMP - Val
5:30 AM **TRX BOOT CAMP™ - Kyle *RPM™ CYCLE - Susan 9:00 AM <b>AQUA FIT Intervals</b> - Jennv 9:30 AM *YOGABURN - Gloria 10:30 AM <b>GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Pennv	5:30 AM <b>BODYPOWER</b> - Andee Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA ZUMBA™</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Gloria 12:00 PM *PILATES - Andrea	5:30 AM <b>STEPJAM</b> - Caitlin 9:30 AM <b>ZUMBA™</b> - Miho 9:00 AM <b>AQUA FIT Intervals</b> - Kathleen *YOGA - Ashlev 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM *RPM™ CYCLE - Val	5:30 AM <b>BODYPOWER</b> - Andee Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA Basic Circuits</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Rebecca	5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM <b>AQUA FIT Deep</b> - Kylie 9:30 AM <b>STEP JAM</b> - Gloria 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM *RPM™ CYCLE - Lela	<b>Saturday</b> 8:30 AM *RPM™ CYCLE - Caitlin 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Brian 10:00 AM <b>MUSCLEWORKS</b> - Rachel 10:00 AM *YOGA - Inarid
4:30 PM **TRX™ Interval Training - Brian 4:30 PM <b>STEPJAM</b> - Gloria 4:30 PM *BODYBARRE EXPRESS - Jennv 5:30 PM <b>AQUA FIT Intervals</b> - Jennv **ZUMBA™ - Jillian 5:30 PM <b>BODYPOWER</b> - Chris 5:30 PM *RPM™ CYCLE - Jennifer 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>GENTLE YOGA</b> - Pam T. 7:00 PM **TAE KWON DO(ages 13-adult) - Jeffrey	4:30 PM *YOGABURN - Gloria 4:30 PM <b>MUSCLEWORKS</b> - Susan 5:30 PM **BODYATTACK™ - Chris 5:30 PM <b>TURBOKICK™</b> - Candice	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM <b>BODYPOWER</b> - Gloria 6:30 PM <b>POUND™ Class(30 min)</b> - Pam C.	4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM <b>U-JAM FITNESS®</b> - Sam 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan	4:30 PM <b>BODYPOWER</b> - Chris 5:30 PM *POWER YOGA - Pam T. 5:30 PM <b>ZUMBA™</b> - Jeslyn 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrey	<b>Sunday</b> No classes today. Happy Mother's Day!
5:30 AM **TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin 9:00 AM <b>AQUA FIT Intervals</b> - Laurie 9:30 AM *YOGABURN - Gloria 10:30 AM <b>GENTLE YOGA</b> - Gerri 11:30 AM <b>MUSCLEWORKS</b> - Pennv	5:30 AM <b>BODYPOWER</b> - Andee Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA ZUMBA™</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM *PILATES - Andrea	5:30 AM <b>BODYATTACK™ Express</b> - Rachel ZUMBA™ - Jen 9:00 AM <b>AQUA FIT Intervals</b> - Kathleen *YOGA - Ashlev 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM *RPM™ CYCLE - Val	5:30 AM <b>BODYPOWER</b> - Chris Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA Basic Circuits</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Rebecca	5:30 AM *RPM™ CYCLE - Caitlin 9:00 AM <b>AQUA FIT Deep</b> - Kylie 9:30 AM <b>STEP JAM</b> - Laurie 10:30 AM <b>MUSCLEWORKS</b> - Rebecca 11:45 AM *RPM™ CYCLE - Lela	8:30 AM *RPM™ CYCLE - Jennifer 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Brian 10:00 AM <b>MUSCLEWORKS</b> - Lita 10:00 AM *YOGA - Inarid
4:30 PM **TRX™ Interval Training - Rachel 4:30 PM <b>STEPJAM</b> - Gloria 4:30 PM *BODYBARRE EXPRESS - Jennv 5:30 PM <b>AQUA FIT Intervals</b> - Jillian 5:30 PM **ZUMBA™ - Jeslyn 5:30 PM <b>BODYPOWER</b> - Andee *RPM™ CYCLE - Jennifer 6:30 PM <b>INSANITY™</b> - Robert 6:30 PM <b>GENTLE YOGA</b> - Pam T. 7:00 PM **TAE KWON DO(ages 13-adult) - Jeffrey	4:30 PM *YOGABURN - Gloria 4:30 PM <b>MUSCLEWORKS</b> - Brian 5:30 PM **BODYATTACK™ - Rachel 5:30 PM <b>TURBOKICK™</b> - Sunshine	4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM <b>PILOXING™</b> - Tasha 4:30 PM **TRX BOOT CAMP™ - Brian 5:30 PM <b>BODYPOWER</b> - Laurie 6:30 PM <b>POUND™ Class(30 min)</b> - Pam C.	4:30 PM <b>STEPJAM</b> - Caitlin 4:30 PM *BODYBARRE - Candice 5:30 PM <b>U-JAM FITNESS®</b> - Sam 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Jennifer	4:30 PM <b>BODYPOWER</b> - Gloria 5:30 PM *POWER YOGA - Pam T. 5:30 PM <b>ZUMBA™</b> - Anael 5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey 6:30 PM **TAE KWON DO (age 13-adult) - Jeffrey	<b>Sunday</b> 1:30 PM <b>HIT the BARRE</b> - Candice 1:30 PM *YOGA - Pam T. 1:30 PM **BOOT CAMP - Brian
5:30 AM **TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin 9:00 AM <b>AQUA FIT Intervals</b> - Laurie 9:30 AM *YOGABURN - Gloria 10:30 AM <b>GENTLE YOGA</b> - Ashlev 11:30 AM <b>MUSCLEWORKS</b> - Susan	5:30 AM <b>BODYPOWER</b> - Andee Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA ZUMBA™</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM *PILATES - Andrea	5:30 AM <b>STEPJAM</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Jen 9:00 AM <b>AQUA FIT Intervals</b> - Kathleen *YOGA - Ashlev 10:30 AM <b>MUSCLEWORKS</b> - Susan 11:45 AM *RPM™ CYCLE - Val	5:30 AM <b>BODYPOWER</b> - Chris Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA Basic Circuits</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Rebecca	5:30 AM *RPM™ CYCLE - Caitlin 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>BODYPOWER EXPRESS</b> - Gloria 11:45 AM *RPM™ CYCLE - Lela	<b>Saturday</b> 8:30 AM *RPM™ CYCLE - Susan 9:00 AM <b>POUND™ Class</b> - Pam C. 9:30 AM **TRX™ Tabata Boot Camp - Brian 10:00 AM <b>MUSCLEWORKS</b> - Lita 10:00 AM *YOGA - Inarid
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<p>Happy</p> <p>Memorial Day!</p> <p>UFC will be open 8am to 12pm</p>	5:30 AM <b>BODYPOWER</b> - Andee Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA ZUMBA™</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Laurie 12:00 PM *PILATES - Andrea	5:30 AM <b>STEPJAM</b> - Katrina 9:30 AM <b>ZUMBA™</b> - Miho 9:00 AM <b>AQUA FIT Intervals</b> - Kathleen *YOGA - Ashlev 10:30 AM <b>MUSCLEWORKS</b> - Pennv 11:45 AM *RPM™ CYCLE - Val	5:30 AM <b>BODYPOWER</b> - Chris Stroke Work/Conditioning - Gavle 9:00 AM <b>AQUA Basic Circuits</b> - Kathleen **BOOT CAMP - Val 11:30 AM <b>BODYPOWER</b> - Rebecca	5:30 PM <b>BODYPOWER</b> - Gloria *RPM™ CYCLE - Lela	<b>Sunday</b> 1:30 PM <b>STEPJAM</b> - Gloria 1:30 PM *YOGA - Pam T. 1:30 PM **BOOT CAMP - Brian
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Try this 30-minute barbell class!

Join Chris, Gloria & Laurie  
for NEW Release 28!!