

Monday Tuesday Wednesday Thursday Friday Saturday & Sunday

# March

Join Candice and Sunshine on Tuesday, March 20th for the NEW Turbokick Round 80! All participants go into a drawing for prizes!

<p>5:30 AM <b>**TRX BOOT CAMP™</b> - Kvlle  <b>*RPM™ CYCLE</b> - Susan  <b>*YOGABURN</b> - Gloria  <b>AQUAFIT Intervals</b> - Laurie  <b>*GENTLE YOGA</b> - Ashlev  <b>MUSCLEWORKS</b> - Pennv  11:30 AM</p> <p>4:30 PM <b>**TRX™ Interval Training</b> - Rachel  <b>STEPJAM</b> - Gloria  <b>*BODYBARRE</b> - Laurie  <b>AQUA BARRE FIGHT</b> - Jennv  <b>**ZUMBA™</b> - Anael  <b>BODYPOWER</b> - Chris  <b>*RPM™ CYCLE</b> - Caitlin  <b>INSANITY™</b> - Robert  <b>*GENTLE YOGA</b> - Pam T.  7:00 PM <b>**TAE KWON DO</b>(age 13-adult) - Jeffrey</p>	<p>5:30 AM <b>BODYPOWER</b> - Andee  <b>Stroke Work/Conditioning</b> - Gavle  9:00 AM <b>AQUA Basic Circuits</b> - Kthleen  10:00 AM <b>AQUA ZUMBA™</b> - Kathleen  11:30 AM <b>**BOOT CAMP</b> - Val  11:30 AM <b>BODYPOWER</b> - Laurie  12:00 PM <b>*PILATES</b> - Andrea</p> <p>4:30 PM <b>*YOGABURN</b> - Gloria  <b>MUSCLEWORKS</b> - Susan  5:30 PM <b>**BODYATTACK™</b> - Chris  5:30 PM <b>TURBOKICK™</b> - Sunshine</p>	<p>5:30 AM <b>BODYATTACK™</b> - Katrina  <b>ZUMBA™</b> - Kathleen  9:30 AM <b>AQUAFIT Intervals</b> - Jennv  10:00 AM <b>*YOGA</b> - Ashlev  10:30 AM <b>MUSCLEWORKS</b> - Pennv  11:30 AM <b>*RPM™ CYCLE</b> - Val  11:45 AM</p> <p>4:30 PM <b>*TAE KWON DO</b> (ages 4-12) - Jeffrey  <b>PILOXING™</b> - Jennv  4:30 PM <b>**TRX BOOT CAMP™</b> - Brian  4:30 PM <b>*HIIT the BARRE</b> - Gloria  5:30 PM <b>BODYPOWER</b> - Laurie  6:30 PM <b>POUND™ Class(30 min)</b> - Pam C.</p>	<p>5:30 AM <b>BODYPOWER</b> - Chris  <b>Stroke Work/Conditioning</b> - Gavle  9:00 AM <b>AQUA Basic Circuits</b> - Kthleen  10:00 AM <b>AQUA ZUMBA™</b> - Kathleen  11:30 AM <b>**BOOT CAMP</b> - Val  11:30 AM <b>BODYPOWER</b> - Rebecca</p> <p>4:30 PM <b>STEPJAM</b> - Caitlin  <b>*BODYBARRE</b> - Candice  <b>U-JAM FITNESS®</b> - Sam  5:30 PM <b>**BODYATTACK™</b> - Gloria  5:30 PM <b>*RPM™ CYCLE</b> - Susan</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Caitlin  9:00 AM <b>AQUAFIT Deep</b> - Jennv  9:30 AM <b>STEP JAM</b> - Gloria  10:30 AM <b>MUSCLEWORKS</b> - Pennv  11:45 AM <b>*RPM™ CYCLE</b> - Lela</p> <p>4:30 PM <b>BODYPOWER</b> - Gloria  5:30 PM <b>*POWER YOGA</b> - Pam T.  5:30 PM <b>ZUMBA™</b> - Anael  <b>**TAE KWON DO</b>(ages 4-12) - Jeffrey  6:30 PM <b>TAE KWON DO</b>(age 13-adult) - Jeffrey</p>	<p>8:30 AM <b>*RPM™ CYCLE</b> - Susan  9:00 AM <b>POUND™ Class</b> - Pam C.  9:30 AM <b>**TRX™ Tabata Training</b> - Rachel  10:00 AM <b>MUSCLEWORKS</b> - Lita  10:00 AM <b>*YOGA</b> - Inarid</p> <p>1:30 PM <b>P90X LIVE™</b> - Abigail  1:30 PM <b>YOGA</b> - Inarid  1:30 PM <b>** BOOT CAMP</b> - Caitlin</p> <p>8:30 AM <b>*RPM™ CYCLE</b> - Susan  9:00 AM <b>POUND™ Class</b> - Pam C.  9:30 AM <b>**TRX™ Tabata Training</b> - Rachel  10:00 AM <b>MUSCLEWORKS</b> - Lita  10:00 AM <b>*YOGA</b> - Inarid</p>
<p>5:30 AM <b>**TRX BOOT CAMP™</b> - Brian  <b>*RPM™ CYCLE</b> - Caitlin  9:30 AM <b>*YOGABURN</b> - Gloria  10:00 AM <b>AQUAFIT Intervals</b> - Jennv  10:30 AM <b>*GENTLE YOGA</b> - Ashlev  11:30 AM <b>MUSCLEWORKS</b> - Pennv</p> <p>4:30 PM <b>**TRX™ Interval Training</b> - Rachel  <b>STEPJAM</b> - Gloria  <b>*BODYBARRE</b> - Laurie  <b>AQUA BARRE FIGHT</b> - Jennv  5:30 PM <b>**ZUMBA™</b> - Anael  5:30 PM <b>BODYPOWER</b> - Chris  <b>*RPM™ CYCLE</b> - Susan  <b>INSANITY™</b> - Robert  <b>*GENTLE YOGA</b> - Jade  7:00 PM <b>**TAE KWON DO</b>(age 13-adult) - Jeffrey</p>	<p>5:30 AM <b>BODYPOWER</b> - Andee  <b>Stroke Work/Conditioning</b> - Gavle  9:00 AM <b>AQUA Basic Circuits</b> - Kthleen  10:00 AM <b>AQUA ZUMBA™</b> - Kathleen  11:30 AM <b>**BOOT CAMP</b> - Val  11:30 AM <b>BODYPOWER</b> - Laurie  12:00 PM <b>*PILATES</b> - Andrea</p> <p>4:30 PM <b>*YOGABURN</b> - Gloria  <b>MUSCLEWORKS</b> - Susan  5:30 PM <b>**BODYATTACK™</b> - Chris  5:30 PM <b>TURBOKICK™</b> - Sunshine</p>	<p>5:30 AM <b>STEPJAM</b> - Katrina  <b>ZUMBA™</b> - Mito  9:30 AM <b>AQUAFIT Intervals</b> - Laurie  10:00 AM <b>*YOGA</b> - Ashlev  10:30 AM <b>MUSCLEWORKS</b> - Pennv  11:30 AM <b>*RPM™ CYCLE</b> - Val  11:45 AM</p> <p>4:30 PM <b>*TAE KWON DO</b> (ages 4-12) - Jeffrey  <b>PILOXING™</b> - Tasha  4:30 PM <b>**TRX BOOT CAMP™</b> - Brian  4:30 PM <b>*HIIT the BARRE</b> - Gloria  5:30 PM <b>BODYPOWER</b> - Laurie  6:30 PM <b>POUND™ Class(30 min)</b> - Pam C.</p>	<p>5:30 AM <b>BODYPOWER</b> - Chris  <b>Stroke Work/Conditioning</b> - Gavle  9:00 AM <b>AQUA Basic Circuits</b> - Kthleen  10:00 AM <b>AQUA ZUMBA™</b> - Kathleen  11:30 AM <b>**BOOT CAMP</b> - Val  11:30 AM <b>BODYPOWER</b> - Rebecca</p> <p>4:30 PM <b>STEPJAM</b> - Caitlin  <b>*BODYBARRE</b> - Candice  <b>U-JAM FITNESS®</b> - Sam  5:30 PM <b>**BODYATTACK™</b> - Gloria  5:30 PM <b>*RPM™ CYCLE</b> - Susan</p>	<p>5:30 AM <b>*RPM™ CYCLE</b> - Caitlin  9:00 AM <b>AQUAFIT Deep</b> - Jennv  9:30 AM <b>STEP JAM</b> - Laurie  10:30 AM <b>MUSCLEWORKS</b> - Pennv  11:45 AM <b>*RPM™ CYCLE</b> - Lela</p> <p>4:30 PM <b>BODYPOWER</b> - Andee  5:30 PM <b>*POWER YOGA</b> - Pam T.  5:30 PM <b>ZUMBA™</b> - Anael  <b>**TAE KWON DO</b>(ages 4-12) - Jeffrey  6:30 PM <b>TAE KWON DO</b>(age 13-adult) - Jeffrey</p>	<p>8:30 AM <b>*RPM™ CYCLE</b> - Lela  9:00 AM <b>POUND™ Class</b> - Pam C.  9:30 AM <b>**TRX™ Tabata Training</b> - Brian  10:00 AM <b>MUSCLEWORKS</b> - Rachel  10:00 AM <b>*YOGA</b> - Inarid</p> <p>1:30 PM <b>STEP JAM</b> - Caitlin  1:30 PM <b>*YOGA</b> - Jade  1:30 PM <b>** BOOT CAMP</b> - Brian</p>
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**NEW Turbo Round 80!**

Try this 30-minute BARRE workout!