


Join us for these awesome launches in July!

YogaBURN - Saturday, July 8th at 10am

RPM™ - Monday, July 17th at 5:30pm

BODYATTACK™ - Tuesday, July 25th at 5:30pm

<p>5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:30 AM *YOGABURN - Tasha 10:00 AM AQUA Strength & Stretch - Jeannine 10:30 AM *GENTLE YOGA - Ashley 11:30 AM MUSCLEWORKS - Rebecca</p> <p>4:30 PM **TRX™ Interval Training - Rachel 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Cathy 5:30 PM AQUA HIIT Training - Jeannine 5:30 PM *ZUMBA™ - Candace 5:30 PM *BODYPOWER - Gloria 5:30 PM *RPM™ CYCLE - Susan 6:30 PM **INSANITY™ - Robert 6:30 PM *GENTLE YOGA - Sheila 7:00 PM **TAE KWON DO(age 13-adult) - Jeffrey</p>	<div style="text-align: center;">  <p>No Classes today! The fitness center will be open 8:00am - 12:00pm!</p> </div> <p>5:30 AM BODYPOWER - Andee 5:30 AM Stroke Work/Conditioning - Gayle 8:00 AM Aqua Basic Circuits - Kathleen 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 AQUA Zumba™ - Kathleen 5:30 PM STRONG by ZUMBA™ - Candace 5:30 PM *BODYATTACK™ - Chris 5:30 PM TURBOKICK™ - Sunshine</p>	<p>5:30 AM STEPJAM - Katrina 9:30 AM ZUMBA™ - Jen 10:00 AM AQUA Intervals - Jeannine 10:30 AM *YOGA - Ashley 11:30 AM MUSCLEWORKS - Susan 11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha **TRX BOOT CAMP™ - Rebecca 5:30 PM AQUA Drench - Debbie 5:30 PM *BODYBARRE - Gloria 5:30 PM BODYPOWER - Laurie 6:30 PM **INSANITY™ - Robert</p> <p>5:30 AM BODYATTACK™ - Katrina 9:30 AM ZUMBA™ - Jen 10:00 AM AQUA Intervals - Jeannine 10:30 AM *YOGA - Ashley 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 **TRX BOOT CAMP™ - Rebecca 5:30 PM AQUA Drench - Debbie 5:30 PM *BODYBARRE - Gloria 5:30 PM BODYPOWER - Laurie 6:30 PM **INSANITY™ - Robert</p>	<p>5:30 AM BODYPOWER - Chris 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM Aqua Basic Circuits - Kathleen 10:00 AM Aqua Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rebecca</p> <p>4:30 PM *BODYBARRE - Jennv 4:30 PM TURBOKICK™ EXPRESS - Candice 5:00 PM BUTTS & GUTS - Candice 5:30 PM AQUA Boot Camp - Cordell 5:30 PM **BODYATTACK™ - Rebecca 5:30 PM *RPM™ CYCLE - Susan</p> <p>5:30 AM BODYPOWER - Chris 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM Aqua Basic Circuits - Kathleen 10:00 AM Aqua Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rebecca</p> <p>4:30 PM *BODYBARRE - Laurie 4:30 PM TURBOKICK™ EXPRESS - Candice 5:00 PM BUTTS & GUTS - Candice 5:30 PM AQUA Boot Camp - Cordell 5:30 PM **BODYATTACK™ - Rebecca 5:30 PM *RPM™ CYCLE - Susan</p>	<p>5:30 AM *RPM™ CYCLE - Caitlin 8:00 AM AQUA Basic Boot Camp - Cordell 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>5:30 AM *RPM™ CYCLE - Caitlin 8:00 AM AQUA Basic Boot Camp - Cordell 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Pennv 11:45 AM CYCLE - Pennv</p> <p>4:30 PM BODYPOWER - Andee 5:30 PM *POWER YOGA - Ashley 5:30 PM ZUMBA™ - Michelle 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 - Caitlin 9:00 AM STRONG by ZUMBA™ - Jen 9:30 AM **TRX™ Tabata Training - Rachel 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Pam T.</p> <p>Sunday 1:30 PM BODYATTACK™ - Rachel 1:30 PM *YOGA - Pamala 1:30 PM ** BOOT CAMP - Brian</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Brittnv 9:00 AM BODYATTACK™ - Rachel 9:30 AM **TRX™ Tabata Training - Rebecca 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGABURN - NEW RELEASE!</p> <p>Sunday 1:30 PM P90X LIVE™ - Abigail 1:30 PM *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Rebecca</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Brittnv 9:00 AM ZUMBA™ - Candace 9:30 AM **TRX™ Tabata Training - Tasha 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Pamala</p> <p>Sunday 1:30 PM STEPJAM - Gloria 1:30 PM *YOGA - Jade 1:30 PM ** BOOT CAMP - Caitlin</p> <p>Saturday 8:30 AM *RPM™ CYCLE - Brittnv 9:00 AM STEPJAM - Gloria 9:30 AM **TRX™ Tabata Training - Brian 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Jade</p> <p>Sunday 1:30 PM P90X LIVE™ - Abigail 1:30 PM *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Brian</p>
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NEW Release 97!

Join Jen & Tasha for Release 7!

Join Brittny, Caitlin & Susan for Release 75!

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