

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday				
			5:30 AM 5:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM	BODYPOWER - Chris Stroke Work/Conditioning - Gayle Aqua Basic Circuits - Kathleen Aqua Zumba™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie BODYPOWER - Rebecca	5:30 AM 8:00 AM 9:30 AM 10:30 AM 11:45 AM	*RPM™ CYCLE - Caitlin AQUA Basic Boot Camp-Cordell STEP JAM - Gloria MUSCLEWORKS - Lita *RPM™ CYCLE - Lela	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM	Saturday *RPM™ CYCLE - Caitlin *YOGA - Pam T. **TRX™ Tabata Training- Brian MUSCLEWORKS - Lita *YOGA - Jade	
			4:30 PM 4:30 PM 5:00 PM 5:30 PM 5:30 PM	*BODYBARRE - Angela TURBOKICK™ EXPRESS- Candice BUTTS & GUTS - Candice AQUA Boot Camp - Cordell **BODYATTACK™ - Gloria *RPM™ CYCLE - Susan	4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM	BODYPOWER - Gloria *POWER YOGA - Pam T. ZUMBA™ - Michelle **TAE KWON DO(ages 4-12) - Jeffrey TAE KWON DO(ages 13-adult) - Jeffrey	1:30 PM 1:30 PM 1:30 PM	Sunday STEPJAM - Gloria *YOGA - Pam T. ** BOOT CAMP - Caitlin	
5:30 AM 5:30 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM	**TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin *YOGABURN - Laurie AQUA Strength & Stretch - Jeannine *GENTLE YOGA - Ashlev MUSCLEWORKS - Pennv	5:30 AM 5:30 AM 8:00 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM	BODYPOWER - Chris Stroke Work/Conditioning - Gayle Aqua Basic Circuits - Kathleen Aqua Zumba™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 5:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM	STEPJAM - Katrina ZUMBA™ - Jen AQUA Intervals - Jeannine *YOGA - Ashlev MUSCLEWORKS - Pennv *RPM™ CYCLE - Val	5:30 AM 5:30 AM 9:00 AM 9:30 AM 10:30 AM 11:45 AM	*RPM™ CYCLE - Caitlin AQUA Basic Boot Camp-Cordell STEP JAM - Laurie MUSCLEWORKS - Pennv *CYCLE - Pennv	8:30 AM 9:00 AM 9:30 AM 9:30 AM 10:00 AM	Saturday *RPM™ CYCLE - Brittnv BODYATTACK™ - Rachel **TRX™ Tabata Training- Brian MUSCLEWORKS - Lita *YOGA - Pamala
4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:00 PM	**TRX™ Interval Training - Rachel STEPJAM - Gloria *BODYBARRE - Cathy AQUA HIIT Training - Laurie **ZUMBA™ - Candace BODYPOWER - Gloria *RPM™ CYCLE - Susan **INSANITY™ - Robert *GENTLE YOGA - Jade **TAE KWON DO(ages 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM	*YOGABURN - Jen MUSCLEWORKS - Susan AQUA Zumba™ - Kathleen STRONG by ZUMBA™ - Candace **BODYATTACK™ - Chris TURBOKICK™ - Sunshine	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM	*TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Rebecca NEW! AQUA Drench - Debbie *BODYBARRE - Gloria BODYPOWER - Laurie **INSANITY™ - Robert	4:30 PM 4:30 PM 5:00 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	BODYPOWER - Chris BODYPOWER - Gloria *POWER YOGA - Christie ZUMBA™ - Michelle **TAE KWON DO(ages 4-12) - Jeffrey TAE KWON DO (age 13-adult) - Jeffrey	1:30 PM 1:30 PM 1:30 PM	Sunday P90X LIVE™ - Abigail *YOGA - Pamala ** BOOT CAMP - Rebecca
5:30 AM 5:30 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM	**TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin *YOGABURN - Jen AQUA Strength & Stretch - Jeannine *GENTLE YOGA - Ashlev MUSCLEWORKS - Pennv	5:30 AM 5:30 AM 8:00 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM	BODYPOWER - Chris Stroke Work/Conditioning - Gayle Aqua Basic Circuits - Kathleen Aqua Zumba™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 5:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:45 AM	BODYATTACK™ - Katrina ZUMBA™ - Jen AQUA Intervals - Jeannine *YOGA - Pam T. MUSCLEWORKS - Susan **BOOT CAMP - Val *RPM™ CYCLE - Val	5:30 AM 5:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM	*RPM™ CYCLE - Caitlin AQUA Basic Boot Camp-Cordell STEP JAM - Laurie MUSCLEWORKS - Lita *RPM™ CYCLE - Lela	8:30 AM 9:00 AM 9:30 AM 9:30 AM 10:00 AM 10:00 AM	Saturday *RPM™ CYCLE - Brittnv STRONG by ZUMBA™ - Jen **TRX™ Tabata Training- Brian MUSCLEWORKS - Lita *YOGA - Pam T.
4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:00 PM	**TRX™ Interval Training - Rachel STEPJAM - Laurie *BODYBARRE - Cathy AQUA HIIT Training - Laurie **ZUMBA™ - Candace BODYPOWER - Chris *RPM™ CYCLE - Susan **BODYATTACK EXPRESS™ - Chris *GENTLE YOGA - Sheila **TAE KWON DO(ages 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	*YOGABURN - Jen MUSCLEWORKS - Susan AQUA Zumba™ - Kathleen STRONG by ZUMBA™ - Candace **BODYATTACK™ - Chris TURBOKICK™ - Sunshine& Candice	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM	*TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Rebecca NEW! AQUA Drench - Debbie *BODYBARRE - Gloria BODYPOWER - Laurie **BODYATTACK EXPRESS™ - Chris	4:30 PM 4:30 PM 5:00 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	BODYPOWER - Gloria *POWER YOGA - Christie ZUMBA™ - Michelle **TAE KWON DO(ages 4-12) - Jeffrey TAE KWON DO (age 13-adult) - Jeffrey	1:30 PM 1:30 PM 1:30 PM	Sunday STEPJAM - Gloria *YOGA - Pam T. ** BOOT CAMP - Brian
5:30 AM 5:30 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM	**TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin *YOGABURN - Laurie AQUA Strength & Stretch - Jeannine *GENTLE YOGA - Ashlev MUSCLEWORKS - Christie	5:30 AM 5:30 AM 8:00 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM	BODYPOWER - Andee Stroke Work/Conditioning - Gayle Aqua Basic Circuits - Kathleen Aqua Zumba™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 5:30 AM 9:30 AM 9:30 AM 10:00 AM 11:30 AM 11:45 AM	STEPJAM - Katrina ZUMBA™ - Jen AQUA Intervals - Jeannine *YOGA - Ashlev MUSCLEWORKS - Susan *RPM™ CYCLE - Val *TAE KWON DO (ages 4-12) - Jeffrey **TRX BOOT CAMP™ - Rebecca AQUA Strength & Stretch - Audra	5:30 AM 5:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM	*RPM™ CYCLE - Caitlin AQUA Basic Boot Camp-Cordell STEP JAM - Laurie MUSCLEWORKS - Lita *RPM™ CYCLE - Lela	8:30 AM 9:00 AM 9:30 AM 9:30 AM 10:00 AM 10:00 AM	Saturday *RPM™ CYCLE - Lela BODYATTACK™ - Rachel **TRX™ Tabata Training- Rebecca MUSCLEWORKS - Lita *YOGA - Pamala
4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:00 PM	**TRX™ Interval Training - Rachel STEPJAM - Gloria *BODYBARRE - Cathy AQUA HIIT Training - Laurie **ZUMBA™ - Candace BODYPOWER - Gloria *RPM™ CYCLE - Brittnv **INSANITY™ - Robert *GENTLE YOGA - Sheila **TAE KWON DO(ages 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	*YOGABURN - Jen MUSCLEWORKS - Susan AQUA Zumba™ - Kathleen STRONG by ZUMBA™ - Candace **BODYATTACK™ - Chris TURBOKICK™ - Candice	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM	*TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Rebecca NEW! AQUA Drench - Debbie *BODYBARRE - Gloria BODYPOWER - Laurie **INSANITY™ - Robert	4:30 PM 4:30 PM 5:00 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	BODYPOWER - Gloria *POWER YOGA - Pam T. ZUMBA™ - Candace **TAE KWON DO(ages 4-12) - Jeffrey TAE KWON DO (age 13-adult) - Jeffrey	1:30 PM 1:30 PM 1:30 PM	Sunday STRONG by ZUMBA™ - Jen *YOGA - Jade ** BOOT CAMP - Rebecca
5:30 AM 5:30 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 4:30 PM 4:30 PM	**TRX BOOT CAMP™ - Brian *RPM™ CYCLE - Caitlin *YOGABURN - Jen AQUA Strength & Stretch - Jeannine *GENTLE YOGA - Ashlev MUSCLEWORKS - Rebecca **TRX™ Interval Training - Rachel STEPJAM - Gloria & Laurie Join us for NEW StepJam 28!	5:30 AM 5:30 AM 8:00 AM 9:00 AM 11:30 AM 11:30 AM 12:00 PM	BODYPOWER - Andee Stroke Work/Conditioning - Gayle Aqua Basic Circuits - Kathleen Aqua Zumba™ - Jen **BOOT CAMP - Val BODYPOWER - Laurie *PILATES - Andrea	5:30 AM 5:30 AM 9:30 AM 9:30 AM 10:00 AM 11:30 AM 11:45 AM	BODYATTACK™ - Rachel ZUMBA™ - Jen AQUA Intervals - Jeannine *YOGA - Ashlev MUSCLEWORKS - Pennv *RPM™ CYCLE - Val	5:30 AM 5:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM	*RPM™ CYCLE - Caitlin Stroke Work/Conditioning - Gayle Aqua Basic Circuits - Kathleen Aqua Zumba™ - Jen **BOOT CAMP - Val BODYPOWER - Rebecca	5:30 AM 8:00 AM 9:30 AM 10:30 AM 11:45 AM	*RPM™ CYCLE - Lela AQUA Basic Boot Camp-Cordell STEP JAM - Laurie MUSCLEWORKS - Pennv *CYCLE - Pennv
4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:00 PM	*BODYBARRE - Cathy AQUA HIIT Training - Laurie **ZUMBA™ - Candace BODYPOWER - Gloria *RPM™ CYCLE - Susan **INSANITY™ - Robert *GENTLE YOGA - Jade **TAE KWON DO(ages 13-adult) - Jeffrey	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	*YOGABURN - Jen MUSCLEWORKS - Susan AQUA Zumba™ - Kathleen STRONG by ZUMBA™ - Candace **BODYATTACK™ - Chris TURBOKICK™ - Sunshine	4:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM	*TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Rebecca NEW! AQUA Drench - Debbie *BODYBARRE - Gloria BODYPOWER - Laurie **INSANITY™ - Robert	4:30 PM 4:30 PM 5:00 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM	BODYPOWER - Gloria *POWER YOGA - Pam T. ZUMBA™ - Jen **TAE KWON DO(ages 4-12) - Jeffrey TAE KWON DO (age 13-adult) - Jeffrey	1:30 PM 1:30 PM 1:30 PM	Sunday

Try this NEW high-intensity aqua circuit class!
JOIN US FOR NEW TURBO ROUND 77!

Try segments from your favorite classes including Piloxing™ with Tasha, BodyAttack™ with Gloria, Strong by Zumba™ with Jen, & Insanity™ with Robert

\$5 donation

Join us for NEW StepJam 28!