

**Take part in our annual
FITNESS CHALLENGE CONTEST
November 1st - December 19th.
Stay in shape during the holidays
and you could win a FREE month's
membership! Look for details to come!**

5:30 AM ****TRX BOOT CAMP™** - Brian
5:30 AM **"RPM™ CYCLE"** - Caitlin
9:30 AM ****YOGABURN** - Gloria
10:00 AM **AQUAFIT Intervals** - Jennv
10:30 AM **"GENTLE YOGA"** - Ashley
11:30 AM **MUSCLEWORKS** - Pennv

4:30 PM ****TRX™ Interval Training** - Rachel
4:30 PM **STEPJAM** - Gloria
4:30 PM ***BODYBARRE** - Laurie
5:30 PM **AQUA BARRE FIGHT** - Jennv
5:30 PM **"ZUMBA™"** - Michelle
5:30 PM **BODYPOWER** - Chris
5:30 PM **"RPM™ CYCLE"** - Susan
6:30 PM **INSANITY™** - Robert
6:30 PM **"GENTLE YOGA"** - Jade
7:00 PM ****TAE KWON DO**(age 13-adult) - Jeffrey

5:30 AM **BODYPOWER** - Andee
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** - Laurie
12:00 PM ***PILATES** - Andrea

4:30 PM ****YOGABURN** - Gloria
4:30 PM **MUSCLEWORKS** - Susan
5:30 PM ****BODYATTACK™** - Chris
5:30 PM **TURBOKICK™** - Sunshine

5:30 AM **BODYATTACK™** - Katrina
9:30 AM **ZUMBA™** - Jen
10:00 AM **AQUAFIT Intervals** - Laurie
10:30 AM **"YOGA"** - Ashley
11:30 AM **MUSCLEWORKS** - Susan
11:45 AM **"RPM™ CYCLE"** - Val

4:30 PM ***TAE KWON DO** (ages 4-12) - Jeffrey
4:30 PM **PILOXING™** - Jennv
4:30 PM ****TRX BOOT CAMP™** - Rebecca
5:30 PM **AQUA JOCKS** - Cordell
5:30 PM ***HIIT the BARRE** - Gloria
5:30 PM **BODYPOWER** - Laurie

5:30 AM **BODYPOWER** - Andee
5:30 AM **Stroke Work/Conditioning** - Gayle
9:00 AM **AQUA Basic Circuits** - Kathleen
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11:30 AM ****BOOT CAMP** - Val
11:30 AM **BODYPOWER** - Rebecca

4:30 PM **STEPJAM** - Caitlin
4:30 PM ***BODYBARRE** - Candice
5:30 PM **U-JAM FITNESS®** - Sam
5:30 PM ****BODYATTACK™** - Gloria
5:30 PM **"RPM™ CYCLE"** - Susan

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10:00 AM **AQUA ZUMBA™** - Jen
11:30 AM ****BOOT CAMP** - Val
11:30 AM **BODYPOWER** - Rebecca

4:30 PM **BODYPOWER** - Gloria
5:30 PM **"POWER YOGA"** - Pam T.
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

8:30 AM **"RPM™ CYCLE"** - Caitlin
9:00 AM **INSANITY™** (30 minutes) - Robert
9:30 AM ****TRX™ Tabata Training** - Brian
10:00 AM **MUSCLEWORKS** - Susan
11:45 AM **"YOGA"** - Jade

Sunday

1:30 PM **HIT the BARRE** - Candice
1:30 PM **** BOOT CAMP** - Brian

Saturday

8:30 AM **"RPM™ CYCLE"** - Brittnv
9:00 AM **BODYATTACK™** - Rachel
9:30 AM ****TRX™ Tabata Training** - Brian
10:00 AM **BODYPOWER** - Andee
11:45 AM **"YOGA"** - Inarid

Sunday

1:30 PM **STEP JAM** - Gloria
1:30 PM **"YOGA"** - Pamala
1:30 PM **** ROOT CAMP** - Rebecca

5:30 AM ****TRX BOOT CAMP™** - Brian
5:30 AM **"RPM™ CYCLE"** - Caitlin
9:30 AM ****YOGABURN** - Gloria
10:00 AM **AQUAFIT Intervals** - Jennv
10:30 AM **"GENTLE YOGA"** - Ashley
11:30 AM **MUSCLEWORKS** - Pennv

4:30 PM ****TRX™ Interval Training** - Rachel
4:30 PM **STEPJAM** - Gloria
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4:30 PM **PILOXING™** - Jennv
4:30 PM ****TRX BOOT CAMP™** - Rebecca
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9:30 AM ****TRX™ Tabata Training** - Rachel
10:00 AM **MUSCLEWORKS** - Susan
11:45 AM **"YOGA"** - Inarid

Sunday

1:30 PM **P90X LIVE™** - Abigail
1:30 PM **"YOGA"** - Jade
1:30 PM **** ROOT CAMP** - Rebecca

Saturday

8:30 AM **"RPM™ CYCLE"** - Caitlin
9:00 AM **STEP JAM** - Gloria
9:30 AM ****TRX™ Tabata Training** - Brian
10:00 AM **BODYPOWER** - Andee
11:45 AM **"YOGA"** - Inarid

Sunday

1:30 PM **ZUMBA™** - Jeslyn
1:30 PM **"YOGA"** - Pamala
1:30 PM **** ROOT CAMP** - Brian

5:30 AM ****TRX BOOT CAMP™** - Kyle
5:30 AM **"RPM™ CYCLE"** - Caitlin
9:30 AM ****YOGABURN** - Gloria
10:00 AM **AQUAFIT Intervals** - Laurie
10:30 AM **"GENTLE YOGA"** - Pamala
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5:30 PM **BODYPOWER** - Chris
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1:30 PM **"YOGA"** - Pamala
1:30 PM **** ROOT CAMP** - Brian

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5:30 PM ***HIIT the BARRE** - Gloria
5:30 PM **BODYPOWER** - Chris, Laurie & Rebecca

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NEW Release 26!

