

# Join us for these awesome launches in July!

## RPM™ - Monday, July 16th at 5:30pm

## YogaBurn - Tuesday, July 17th at 4:30pm

## BODYATTACK™ - Tuesday, July 24th at 5:30pm

5:30 AM **\*\*TRX BOOT CAMP™** - Brian  
 5:30 AM **\*RPM™ CYCLE** - Caitlin  
 9:00 AM **AQUAFIT Intervals** - Kathleen  
 9:30 AM **\*YOGABURN** - Gloria  
 10:30 AM **\*GENTLE YOGA** - Ashley  
 11:30 AM **MUSCLEWORKS** - Pennv  
 4:30 PM **\*\*TRX™ Interval Training** - Brian  
 4:30 PM **STEPJAM** - Gloria  
 4:30 PM **\*BODYBARRE** - Ashton  
 5:30 PM **New! AQUA STEP & SCULPT** - Jillian  
 Try this NEW aqua step & strength fusion class!!

5:30 AM **BODYPOWER** - Chris  
 5:30 AM **Stroke Work/Conditioning** - Gavle  
 9:00 AM **AQUA ZUMBA™** - Jen  
 11:30 AM **\*\*BOOT CAMP** - Val  
 11:30 AM **BODYPOWER** - Gloria  
 12:00 PM **\*PILATES** - Andrea



**No Classes today!**  
 The fitness center will be open 8:00am - 12:00pm!

5:30 AM **BODYPOWER** - Chris  
 5:30 AM **Stroke Work/Conditioning** - Gavle  
 9:00 AM **AQUA ZUMBA™** - Jen  
 11:30 AM **\*\*BOOT CAMP** - Val  
 11:30 AM **BODYPOWER** - Rebecca

5:30 AM **\*RPM™ CYCLE** - Caitlin  
 9:00 AM **AQUAFIT Deep** - Kathleen  
 9:30 AM **STEP JAM** - Laurie  
 10:30 AM **MUSCLEWORKS** - Pennv  
 11:45 AM **\*RPM™ CYCLE** - Lela

**Sunday**

1:30 PM **BODYATTACK™** - Rachel  
 1:30 PM **\*YOGA** - Jade  
 1:30 PM **\*\* BOOT CAMP** - Brian

**Saturday**

8:30 AM **\*RPM™ CYCLE** - Lela  
 9:00 AM **POUND™ Class** - Pam C.  
 9:30 AM **\*\*TRX™ Tabata Boot Camp** - Rebecca  
 10:00 AM **MUSCLEWORKS** - Susan  
 10:00 AM **\*YOGA** - Inarid

5:30 PM **\*\*ZUMBA™** - Jasmyrn  
 5:30 PM **BODYPOWER** - Gloria  
 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

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  
 5:30 AM **ZUMBA™** - Jen  
 9:00 AM **AQUAFIT Intervals** - Kathleen  
 9:00 AM **\*YOGA** - Gerri  
 10:30 AM **BODYPOWER** - Laurie  
 11:45 AM **\*RPM™ CYCLE** - Val

4:30 PM **STEPJAM** - Caitlin  
 4:30 PM **\*BODYBARRE** - Candice  
 5:30 PM **\*\*BODYATTACK™** - Chris  
 5:30 PM **\*RPM™ CYCLE** - Susan  
 6:00 PM **POUND™ Class** - Pam C.

4:30 PM **BODYPOWER** - Chris  
 4:30 PM **Stroke Work/Conditioning** - Gavle  
 9:00 AM **AQUA Basic Circuits** - Kathleen  
 11:30 AM **\*\*BOOT CAMP** - Brian  
 11:30 AM **BODYPOWER** - Rebecca

**Sunday**

1:30 PM **PILOXING™** - Jen  
 1:30 PM **\*YOGA** - Pamela  
 1:30 PM **\*\* BOOT CAMP** - Brian

**Saturday**

8:30 AM **\*RPM™ CYCLE** - Jennifer  
 9:00 AM **POUND™ Class** - Pam C.  
 9:30 AM **\*\*TRX™ Tabata Boot Camp** - Rachel  
 10:00 AM **MUSCLEWORKS** - Lita  
 10:00 AM **\*YOGA** - Inarid

4:30 PM **\*\*TRX™ Interval Training** - Rachel  
 4:30 PM **STEPJAM** - Gloria  
 4:30 PM **\*BODYBARRE** - Ashton  
 5:30 PM **New! AQUA STEP & SCULPT** - Jillian  
 5:30 PM **\*\*ZUMBA™** - Jasmyrn  
 5:30 PM **BODYPOWER** - Chris  
 5:30 PM **\*RPM™ CYCLE** - Susan  
 6:30 PM **BODYATTACK™ EXPRESS** - Chris  
 6:30 PM **\*GENTLE YOGA** - Jade  
 7:00 PM **\*\*TAE KWON DO**(age 13-adult) - Jeffrey

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

5:30 AM **STEPJAM** - Katrina  
 5:30 AM **ZUMBA™** - Jen  
 9:00 AM **AQUAFIT Intervals** - Kathleen  
 9:00 AM **\*YOGA** - Ashley  
 10:30 AM **MUSCLEWORKS** - Christie  
 11:45 AM **\*RPM™ CYCLE** - Val

4:30 PM **STEPJAM** - Caitlin  
 4:30 PM **\*BODYBARRE** - Candice  
 5:30 PM **\*\*BODYATTACK™** - Gloria  
 5:30 PM **\*RPM™ CYCLE** - Susan  
 6:00 PM **POUND™ Class** - Pam C.

4:30 PM **BODYPOWER** - Gloria  
 5:30 PM **\*POWER YOGA** - Pam T.  
 5:30 PM **ZUMBA™** - Anael  
 5:30 PM **\*\*TAE KWON DO**(ages 4-12) - Jeffrey  
 6:30 PM **\*\*TAE KWON DO**(age 13-adult) - Jeffrey

**Sunday**

1:30 PM **HIT the BARRE** - Candice  
 1:30 PM **\*YOGA** - Pamela  
 1:30 PM **\*\* BOOT CAMP** - Rebecca

**Saturday**

8:30 AM **\*RPM™ CYCLE** - Susan  
 9:00 AM **POUND™ Class** - Pam C.  
 9:30 AM **\*\*TRX™ Tabata Boot Camp** - Rachel  
 10:00 AM **MUSCLEWORKS** - Lita  
 10:00 AM **\*YOGA** - Inarid

5:30 AM **\*\*TRX BOOT CAMP™** - Brian  
 5:30 AM **\*RPM™ CYCLE** - Caitlin  
 9:00 AM **AQUAFIT Intervals** - Robyn  
 9:30 AM **\*YOGABURN** - Jen/Gloria  
 10:30 AM **\*GENTLE YOGA** - Ashley  
 11:30 AM **MUSCLEWORKS** - Christie/Pennv

4:30 PM **\*YOGABURN - NEW RELEASE!**  
 Join Gloria, Jen & Tasha for New YogaBurn Release 11!

4:30 PM **BODYPOWER** - Chris  
 4:30 PM **Stroke Work/Conditioning** - Gavle  
 9:00 AM **AQUA ZUMBA™** - Jen  
 11:30 AM **\*\*BOOT CAMP** - Val  
 11:30 AM **BODYPOWER** - Laurie  
 12:00 PM **\*PILATES** - Andrea

5:30 AM **STEPJAM** - Katrina  
 5:30 AM **ZUMBA™** - Jen  
 9:00 AM **AQUAFIT Intervals** - Kathleen  
 9:00 AM **\*YOGA** - Ashley  
 10:30 AM **MUSCLEWORKS** - Christie  
 11:45 AM **\*RPM™ CYCLE** - Val

4:30 PM **STEPJAM** - Caitlin  
 4:30 PM **\*BODYBARRE** - Candice  
 5:30 PM **\*\*BODYATTACK™** - Gloria  
 5:30 PM **\*RPM™ CYCLE** - Susan  
 6:00 PM **POUND™ Class** - Pam C.

4:30 PM **BODYPOWER** - Gloria  
 5:30 PM **\*POWER YOGA** - Pam T.  
 5:30 PM **ZUMBA™** - Anael  
 5:30 PM **\*\*TAE KWON DO**(ages 4-12) - Jeffrey  
 6:30 PM **\*\*TAE KWON DO**(age 13-adult) - Jeffrey

**Sunday**

1:30 PM **BODYATTACK™** - Rachel  
 1:30 PM **\*YOGA** - Pam T.  
 1:30 PM **\*\* BOOT CAMP** - Brian

**Saturday**

8:30 AM **\*RPM™ CYCLE** - Nicole  
 9:00 AM **POUND™ Class** - Pam C.  
 9:30 AM **\*\*TRX™ Tabata Boot Camp** - Caitlin  
 10:00 AM **MUSCLEWORKS** - Lita  
 10:00 AM **\*YOGA** - Inarid

4:30 PM **\*\*TRX™ Interval Training** - Rachel/Tobv  
 4:30 PM **STEPJAM** - Gloria  
 4:30 PM **\*BODYBARRE** - Sheree  
 5:30 PM **New! AQUA STEP & SCULPT** - Jillian  
 5:30 PM **\*\*ZUMBA™** - Jasmyrn  
 5:30 PM **BODYPOWER** - Laurie  
 5:30 PM **\*RPM™ CYCLE** - Susan  
 6:30 PM **INSANITY™** - Robert  
 6:30 PM **\*GENTLE YOGA** - Pam T./Jade  
 7:00 PM **\*\*TAE KWON DO**(age 13-adult) - Jeffrey

4:30 PM **\*YOGABURN - Jen/Gloria**  
 Join our team July 24th at 5:30pm for BodyAttack Release 101! This class is FREE to the public!!!

4:30 PM **MUSCLEWORKS** - Susan  
 5:30 PM **\*\*BODYATTACK™** - Team/Katrina

4:30 PM **BODYPOWER** - Chris  
 4:30 PM **Stroke Work/Conditioning** - Gavle  
 9:00 AM **AQUA ZUMBA™** - Jen/Kathleen  
 11:30 AM **\*\*BOOT CAMP** - Val  
 11:30 AM **BODYPOWER** - Laurie  
 12:00 PM **\*PILATES** - Andrea

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

4:30 PM **STEPJAM** - Caitlin  
 4:30 PM **\*BODYBARRE** - Candice  
 5:30 PM **\*\*BODYATTACK™** - Gloria  
 5:30 PM **\*RPM™ CYCLE** - Susan  
 6:00 PM **POUND™ Class** - Pam C.

4:30 PM **BODYPOWER** - Gloria  
 5:30 PM **\*POWER YOGA** - Pam T.  
 5:30 PM **ZUMBA™** - Anael  
 5:30 PM **\*\*TAE KWON DO**(ages 4-12) - Jeffrey  
 6:30 PM **\*\*TAE KWON DO**(age 13-adult) - Jeffrey

**Sunday**

1:30 PM **P90X LIVE™** - Abigail  
 1:30 PM **\*YOGA** - Pam T.  
 1:30 PM **\*\* BOOT CAMP** - Caitlin