


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

<p>5:30 AM **TRX BOOT CAMP™ - Brian</p> <p>5:30 AM **RPM™ CYCLE - Caitlin</p> <p>9:00 AM AQUAFIT Intervals - Kathleen</p> <p>9:30 AM *YOGABURN - Gloria</p> <p>10:30 AM *GENTLE YOGA - Ashley</p> <p>11:30 AM MUSCLEWORKS - Pennv</p> <p>4:30 PM **TRX™ Interval Training - Brian</p> <p>4:30 PM STEPJAM - Gloria</p> <p>4:30 PM *BODYBARRE - Ashton</p> <p>5:30 PM New! AQUA STEP & SCULPT - Jillion</p> <p>Try this NEW aqua step & strength fusion class!!</p> <p>5:30 PM **ZUMBA™ - Jasmyn</p> <p>5:30 PM BODYPOWER - Chris</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:30 PM INSANITY™ - Robert</p> <p>6:30 PM *GENTLE YOGA - Jade</p> <p>7:00 PM **TAE KWON DO(age 13-adult) - Jeffrey</p>	<p>5:30 AM BODYPOWER - Chris</p> <p>5:30 AM Stroke Work/Conditioning - Gavle</p> <p>9:00 AM AQUA ZUMBA™ - Jen</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Gloria</p> <p>12:00 PM *PILATES - Andrea</p> <div style="text-align: center;">  <p>No Classes today! The fitness center will be open 8:00am - 12:00pm!</p> </div> <p>4:30 PM *YOGABURN - Gloria</p> <p>4:30 PM MUSCLEWORKS - Susan</p> <p>5:30 PM **BODYATTACK™ - Chris</p> <p>5:30 PM TURBOKICK™ - Sunshine</p>	<p>5:30 AM BODYATTACK™ - Katrina</p> <p>5:30 AM ZUMBA™ - Jen</p> <p>9:30 AM AQUAFIT Intervals - Kathleen</p> <p>9:00 AM *YOGA - Gerri</p> <p>10:30 AM BODYPOWER - Laurie</p> <p>11:45 AM *RPM™ CYCLE - Val</p> <p>4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey</p> <p>4:30 PM PILOXING™ - Tasha</p> <p>4:30 PM **TRX BOOT CAMP™ - Brian</p> <p>5:30 PM BODYPOWER - Laurie</p>	<p>5:30 AM BODYPOWER - Chris</p> <p>5:30 AM Stroke Work/Conditioning - Gavle</p> <p>9:00 AM AQUA Basic Circuits - Kathleen</p> <p>11:30 AM **BOOT CAMP - Brian</p> <p>11:30 AM BODYPOWER - Rebecca</p> <p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Chris</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™ Class - Pam C.</p> <p>5:30 AM BODYPOWER - Chris</p> <p>5:30 AM Stroke Work/Conditioning - Gavle</p> <p>9:00 AM AQUA Basic Circuits - Kathleen</p> <p>11:30 AM **BOOT CAMP - Brian</p> <p>11:30 AM BODYPOWER - Rebecca</p> <p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Gloria</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™ Class - Pam C.</p> <p>5:30 AM BODYPOWER - Chris</p> <p>5:30 AM Stroke Work/Conditioning - Gavle</p> <p>9:00 AM AQUA Basic Circuits - Kathleen</p> <p>11:30 AM **BOOT CAMP - Val</p> <p>11:30 AM BODYPOWER - Laurie</p> <p>4:30 PM STEPJAM - Caitlin</p> <p>4:30 PM *BODYBARRE - Candice</p> <p>5:30 PM **BODYATTACK™ - Gloria</p> <p>5:30 PM *RPM™ CYCLE - Susan</p> <p>6:00 PM POUND™ Class - Pam C.</p>	<p>5:30 AM *RPM™ CYCLE - Caitlin</p> <p>9:00 AM AQUAFIT Deep - Kathleen</p> <p>9:30 AM STEP JAM - Laurie</p> <p>10:30 AM MUSCLEWORKS - Pennv</p> <p>11:45 AM *RPM™ CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Chris</p> <p>5:30 PM *POWER YOGA - Pam T.</p> <p>5:30 PM ZUMBA™ - Anael</p> <p>5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey</p> <p>6:30 PM **TAE KWON DO (age 13-adult) - Jeffrey</p> <p>5:30 AM *RPM™ CYCLE - Caitlin</p> <p>9:00 AM AQUAFIT Deep - Kylie</p> <p>9:30 AM STEP JAM - Laurie</p> <p>10:30 AM MUSCLEWORKS - Susan</p> <p>11:45 AM *RPM™ CYCLE - Lela</p> <p>4:30 PM BODYPOWER - Gloria</p> <p>5:30 PM *POWER YOGA - Pam T.</p> <p>5:30 PM ZUMBA™ - Anael</p> <p>5:30 PM **TAE KWON DO(ages 4-12) - Jeffrey</p> <p>6:30 PM **TAE KWON DO (age 13-adult) - Jeffrey</p>	<p style="text-align: center;">Sunday</p> <p>1:30 PM BODYATTACK™ - Rachel</p> <p>1:30 PM *YOGA - Jade</p> <p>1:30 PM ** BOOT CAMP - Brian</p> <p style="text-align: center;">Saturday</p> <p>8:30 AM *RPM™ CYCLE - Lela</p> <p>9:00 AM POUND™ Class - Pam C.</p> <p>9:30 AM **TRX™ Tabata Boot Camp - Rebecca</p> <p>10:00 AM MUSCLEWORKS - Susan</p> <p>10:00 AM *YOGA - Inarid</p> <p style="text-align: center;">Sunday</p> <p>1:30 PM PILOXING™ - Jen</p> <p>1:30 PM *YOGA - Pamela</p> <p>1:30 PM ** BOOT CAMP - Brian</p> <p style="text-align: center;">Saturday</p> <p>8:30 AM *RPM™ CYCLE - Jennifer</p> <p>9:00 AM POUND™ Class - Pam C.</p> <p>9:30 AM **TRX™ Tabata Boot Camp - Rachel</p> <p>10:00 AM MUSCLEWORKS - Lita</p> <p>10:00 AM *YOGA - Inarid</p> <p style="text-align: center;">Sunday</p> <p>1:30 PM HIT the BARRE - Candice</p> <p>1:30 PM *YOGA - Pamela</p> <p>1:30 PM ** BOOT CAMP - Rebecca</p> <p style="text-align: center;">Saturday</p> <p>8:30 AM *RPM™ CYCLE - Susan</p> <p>9:00 AM POUND™ Class - Pam C.</p> <p>9:30 AM **TRX™ Tabata Boot Camp - Rachel</p> <p>10:00 AM MUSCLEWORKS - Lita</p> <p>10:00 AM *YOGA - Inarid</p> <p style="text-align: center;">Sunday</p> <p>1:30 PM BODYATTACK™ - Rachel</p> <p>1:30 PM *YOGA - Pam T.</p> <p>1:30 PM ** BOOT CAMP - Brian</p> <p style="text-align: center;">Saturday</p> <p>8:30 AM *RPM™ CYCLE - Nicole</p> <p>9:00 AM POUND™ Class - Pam C.</p> <p>9:30 AM **TRX™ Tabata Boot Camp - Caitlin</p> <p>10:00 AM MUSCLEWORKS - Lita</p> <p>10:00 AM *YOGA - Inarid</p> <p style="text-align: center;">Sunday</p> <p>1:30 PM P90X live™ - Abigail</p> <p>1:30 PM *YOGA - Pam T.</p> <p>1:30 PM ** BOOT CAMP - Caitlin</p>
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