

February

Bring your 'sweetheart' and join us for the BodyPower launch on Monday, February 19th at 5:30pm or the StepJam launch on February 26th at 4:30pm!

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| 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 AQUAFIT Intervals - Jennv *GENTLE YOGA - Pamela MUSCLEWORKS - Pennv | 5:30 AM 5:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM | BODYPOWER - Andee Stroke Work/Conditioning - Gavle AQUA Basic Circuits - Kathleen AQUA ZUMBA™ - Jen **BOOT CAMP - Val BODYPOWER - Chris *PILATES - Andrea | 5:30 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:45 AM | BODYATTACK™ - Katrina ZUMBA™ - Jen/Candace AQUAFIT Intervals - Laurie *YOGA - Ashley MUSCLEWORKS - Susan *RPM™ CYCLE - Val |
| 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 - Jennv AQUA BARRE FIGHT - Jennv **ZUMBA™ - Jeslyn BODYPOWER - Chris *RPM™ CYCLE - Susan INSANITY™ - Robert *GENTLE YOGA - Pam T. **TAE KWON DO (age 13-adult) - Jeffrey | 4:30 PM 4:30 PM 5:30 PM 5:30 PM | *YOGABURN - Laurie MUSCLEWORKS - Susan **BODYATTACK™ - Chris TURBOKICK™ - Candice | 4:30 PM 4:30 PM 5:30 PM 6:30 PM | *TAE KWON DO (ages 4-12) - Jeffrey PILOXING™ - Tasha **TRX BOOT CAMP™ - Brian *HIIT the BARRE - Jennv BODYPOWER - Laurie POUND™ Class(30 min) - Pam C. |
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| 4:30 PM 4:30 PM 5:30 PM 5:30 PM | STEPJAM - Caitlin *BODYBARRE - Candice U-JAM FITNESS® - Sam **BODYATTACK™ - Gloria *RPM™ CYCLE - Susan | 4:30 PM 5:30 PM 5:30 PM 6:30 PM | BODYPOWER - Chris *POWER YOGA - Pam T. ZUMBA™ - Pam Tipot **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 - Jade **BOOT CAMP - Brian |
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