

Try the NEW classes in February!

Join us for the NEW StepJam 12 on Monday, Feb 6th at 4:30pm!

Join us for the NEW RPM Release 53 Cycle Class

on Saturday, Feb 4th at 8:30am or Tuesday, Feb 7th at 5:30pm!

Try Beginner Lindy Hop at 6:40pm or

Intermediate Charleston at 7:40pm on Tuesdays.

6

5:15 AM	**TRX Circuit Training™ - Amanda
6:00 AM	RPM™ CYCLE - Ron
9:15 AM	BODYATTACK™ - Karen
10:15 AM	GENTLE YOGA - Pamala
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	RPM™ CYCLE - Michele
4:30 PM	**TRX Circuit Training™ - Michele
4:30 PM	STEPJAM - Team Teach
Join us for the NEW StepJam 12!	
4:30 PM	PILATES - Kelli
5:30 PM	**ZUMBA™ - Tasha
5:30 PM	BODYPUMP™ - Dawn
5:30 PM	CYCLE - Dionne
6:40 PM	YOGA - Laurie W.
7:00 PM	**TAE KWON DO (age 13-adult) - Jeffrey

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5:30 AM	BODYPUMP™ - Jodi
5:30 AM	YOGA - Ashley
9:15 AM	BODYPUMP™ - Gloria
10:15 AM	PILOXING™ - Lisa
11:30 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Andrea
4:30 PM	**ZUMBA® TONING - Tasha
4:30 PM	MUSCLEWORKS - Michele
5:30 PM	**BODYATTACK™ - Gloria
5:30 PM	RPM™ CYCLE - Susan, Karen, Dawn
Join us for the NEW RPM 53!	
5:30 PM	TURBOKICK™ - Sunshine
6:30 PM	BUTTS & GUTS - Sunshine
6:40 PM	Beginner Lindy Hop - Huy
7:40 PM	Intermediate Charleston - Huy

8

5:30 AM	STEPJAM - Katrina
9:15 AM	ZUMBA™ - Adele
10:15 AM	YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	RPM™ CYCLE - Val
4:30 PM	TAE KWON DO (ages 4-12) - Jeffrey
4:30 PM	PILOXING™ - Tasha
5:30 PM	PILATES - Lisa
5:30 PM	BODYPUMP™ - Laurie
5:30 PM	**TRX Circuit Training™ (1.25 hours) - Val
6:30 PM	STEPJAM - Katrina

13

5:15 AM	**TRX Circuit Training™ - Amanda
6:00 AM	RPM™ CYCLE - Michele
9:15 AM	BODYATTACK™ - Laurie
10:15 AM	GENTLE YOGA - Pamala
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	RPM™ CYCLE - Karen
4:30 PM	**TRX Circuit Training™ - Michele
4:30 PM	STEPJAM - Gloria
4:30 PM	PILATES - Kelli
5:30 PM	**ZUMBA™ - Tasha
5:30 PM	BODYPUMP™ - Dawn
5:30 PM	CYCLE - Dionne
6:40 PM	YOGA - Laurie W.
7:00 PM	**TAE KWON DO (age 13-adult) - Jeffrey

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5:30 AM	BODYPUMP™ - Jodi
5:30 AM	YOGA - Ashley
9:15 AM	BODYPUMP™ - Gloria
10:15 AM	PILOXING™ - Lisa
11:30 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Andrea
4:30 PM	**ZUMBA® TONING - Tasha
4:30 PM	MUSCLEWORKS - Michele
5:30 PM	**BODYATTACK™ - Gloria
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	RPM™ CYCLE - Susan
6:30 PM	BUTTS & GUTS - Sunshine
6:40 PM	Beginner Lindy Hop - Huy
7:40 PM	Intermediate Charleston - Huy

15

5:30 AM	BODYATTACK™ - Katrina
9:15 AM	ZUMBA™ - Adele
10:15 AM	YOGA - Holley
11:30 AM	MUSCLEWORKS - Michele
11:45 AM	RPM™ CYCLE - Val
4:30 PM	TAE KWON DO (ages 4-12) - Jeffrey
4:30 PM	PILOXING™ - Tasha
5:30 PM	PILATES - Lisa
5:30 PM	BODYPUMP™ - Laurie
5:30 PM	**TRX Circuit Training™ (1.25 hours) - Val
6:30 PM	STEPJAM - Katrina

20

5:15 AM	**TRX Circuit Training™ - Amanda
6:00 AM	RPM™ CYCLE - Michele
9:15 AM	BODYATTACK™ - Laurie
10:15 AM	GENTLE YOGA - Pamala
11:30 AM	MUSCLEWORKS - Rachel
11:45 AM	RPM™ CYCLE - Karen
4:30 PM	**TRX Circuit Training™ - Michele
4:30 PM	STEPJAM - Gloria
4:30 PM	PILATES - Kelli
5:30 PM	**ZUMBA™ - Tasha
5:30 PM	BODYPUMP™ - Dawn
5:30 PM	CYCLE - Dionne
6:40 PM	YOGA - Katherine
7:00 PM	**TAE KWON DO (age 13-adult) - Jeffrey

21

5:30 AM	BODYPUMP™ - Jodi
5:30 AM	YOGA - Ashley
9:15 AM	BODYPUMP™ - Gloria
10:15 AM	PILOXING™ - Lisa
11:30 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Andrea
4:30 PM	**ZUMBA® TONING - Tasha
4:30 PM	MUSCLEWORKS - Michele
5:30 PM	**BODYATTACK™ - Rachel
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	RPM™ CYCLE - Susan
6:30 PM	BUTTS & GUTS - Sunshine
6:40 PM	Beginner Lindy Hop - Huy
7:40 PM	Intermediate Charleston - Huy

22

5:30 AM	CARDIO SCULPT - Pam
6:30 AM	AB-SOLUTION - Pam
9:15 AM	ZUMBA™ - Adele
10:15 AM	YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	RPM™ CYCLE - Val
4:30 PM	TAE KWON DO (ages 4-12) - Jeffrey
4:30 PM	PILOXING™ - Tasha
5:30 PM	PILATES - Lisa
5:30 PM	BODYPUMP™ - Laurie
5:30 PM	**TRX Circuit Training™ (1.25 hours) - Val
6:30 PM	STEPJAM - Katrina

27

5:15 AM	**TRX Circuit Training™ - Amanda
6:00 AM	RPM™ CYCLE - Ron
9:15 AM	BODYATTACK™ - Laurie
10:15 AM	GENTLE YOGA - Tasha
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	RPM™ CYCLE - Michele
4:30 PM	**TRX Circuit Training™ - Michele
4:30 PM	STEPJAM - Gloria
4:30 PM	PILATES - Kelli
5:30 PM	**ZUMBA™ - Tasha
5:30 PM	BODYPUMP™ - Dawn
5:30 PM	CYCLE - Dionne
6:40 PM	YOGA - Laurie W.
7:00 PM	**TAE KWON DO (age 13-adult) - Jeffrey

28

5:30 AM	BODYPUMP™ - Jodi
5:30 AM	YOGA - Ashley
9:15 AM	BODYPUMP™ - Gloria
10:15 AM	PILOXING™ - Lisa
11:30 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Andrea
4:30 PM	**ZUMBA® TONING - Tasha
4:30 PM	MUSCLEWORKS - Michele
5:30 PM	**BODYATTACK™ - Rachel
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	RPM™ CYCLE - Susan
6:30 PM	BUTTS & GUTS - Sunshine
6:40 PM	Beginner Lindy Hop - Huy
7:40 PM	Intermediate Charleston - Huy

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5:30 AM	STEPJAM - Katrina
9:15 AM	ZUMBA™ - Adele
10:15 AM	YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	RPM™ CYCLE - Val
4:30 PM	TAE KWON DO (ages 4-12) - Jeffrey
4:30 PM	PILOXING™ - Tasha
5:30 PM	PILATES - Lisa
5:30 PM	BODYPUMP™ - Laurie
5:30 PM	**TRX Circuit Training™ (1.25 hours) - Val
6:30 PM	STEPJAM - Katrina

Thursday

Friday

Saturday & Sunday

2

5:30 AM **BODYPUMP™** - Keisha
 9:15 AM **BODYPUMP™** - Michele
 11:30 AM **BOOT CAMP** - Val
 12:00 PM **PILATES** - Sybil

4:30 PM **TURBOKICK™** - Laurie
 5:30 PM ****BODYATTACK™** - Rachel
 5:30 PM **HIP HOP JAM**- Candice
 5:30 PM **RPM™ CYCLE** - Karen
 6:30 PM **BUTTS & GUTS** - Susan

3

5:30 AM **RPM™ CYCLE**- Karen
 9:15 AM **STEP JAM** - Laurie
 10:30 AM **MUSCLEWORKS** - Penny
 11:45 AM **CYCLE** - Penny

4:30 PM **BODYPUMP™** - Gloria
 5:30 PM **ZUMBA™** - Kim
 5:30 PM **POWER YOGA** - Ashley
 5:30 PM ****TAE KWON DO(ages 4-12)**-Jeffrey
 6:30 PM **TAE KWON DO (age 13-adult)**-Jeffrey

4/5

Saturday

8:30 AM **RPM™ CYCLE** - Michele, Ron, Val
Join us for the NEW RPM 53!

9:00 AM **ZUMBA™** - Adele
 9:30 AM ****TRX Basic Training™**- Rachel
 10:00 AM **MUSCLEWORKS** - Penny
 10:00 AM **YOGA** - Ashley

Sunday

1:30 PM **BODYPUMP™** - Dawn
 1:30 PM **YOGA** - Lisa

9

5:30 AM **BODYPUMP™** - Jodi
 9:15 AM **BODYPUMP™** - Michele
 11:30 AM **BOOT CAMP** - Val
 12:00 PM **PILATES** - Sybil

4:30 PM **TURBOKICK™** - Laurie
 5:30 PM ****BODYATTACK™** - Gloria
 5:30 PM **HIP HOP JAM**- Candice
 5:30 PM **RPM™ CYCLE** - Karen
 6:30 PM **BUTTS & GUTS** - Susan

10

5:30 AM **RPM™** - Karen
 9:15 AM **STEP JAM** - Laurie
 10:30 AM **MUSCLEWORKS** - Penny
 11:45 AM **CYCLE** - Penny

4:30 PM **BODYPUMP™** - Gloria
 5:30 PM **ZUMBA™** - Adele
 5:30 PM **POWER YOGA** - Ashley
 5:30 PM ****TAE KWON DO(ages 4-12)**-Jeffrey
 6:30 PM **TAE KWON DO (age 13-adult)**-Jeffrey

11/12

Saturday

8:30 AM **RPM™ CYCLE** - Susan
 9:00 AM ****BODYATTACK™** - Katrina
 9:30 AM ****TRX Basic Training™**- Amanda
 10:00 AM **MUSCLEWORKS** - Rachel
 10:00 AM **YOGA** - Ashley

Sunday

1:30 PM **STEP JAM** - Gloria
 1:30 PM **YOGA** - Naomi

16

5:30 AM **BODYPUMP™** - Keisha
 9:15 AM **BODYPUMP™** - Michele
 11:30 AM ****BOOT CAMP** - Val
 12:00 PM **PILATES** - Sybil

4:30 PM **TURBOKICK™** - Laurie
 5:30 PM ****BODYATTACK™** - Gloria
 5:30 PM **HIP HOP JAM**- Candice
 5:30 PM **RPM™ CYCLE** - Karen
 6:30 PM **BUTTS & GUTS** - Susan

17

5:30 AM **RPM™** - Ron
 9:15 AM **STEP JAM** - Laurie
 10:30 AM **MUSCLEWORKS** - Michele
 11:45 AM **RPM™** - Karen

4:30 PM **BODYPUMP™** - Gloria
 5:30 PM **ZUMBA™** - Adele
 5:30 PM **POWER YOGA** - Ashley
 5:30 PM ****TAE KWON DO(ages 4-12)**-Jeffrey
 6:30 PM **TAE KWON DO (age 13-adult)**-Jeffrey

18/19

Saturday

8:30 AM **RPM™ CYCLE** - Ron
 9:00 AM **STEPJAM** - Gloria
 9:30 AM ****TRX Basic Training™**- Chrissy
 10:00 AM **MUSCLEWORKS** - Michele
 10:00 AM **YOGA** - Ashley

Sunday

1:30 PM **TURBOKICK™** - Sunshine
 1:30 PM **YOGA** - Naomi

23

5:30 AM **BODYPUMP™** - Michele
 9:15 AM **BODYPUMP™** - Jodi
 11:30 AM ****BOOT CAMP** - Val
 12:00 PM **PILATES** - Sybil

4:30 PM **TURBOKICK™** - Laurie
 5:30 PM ****BODYATTACK™** - Gloria
 5:30 PM **HIP HOP JAM**- Candice
 5:30 PM **RPM™ CYCLE** - Karen
 6:30 PM **BUTTS & GUTS** - Susan

24

5:30 AM **RPM™** - Ron
 9:15 AM **STEP JAM** - Laurie
 10:30 AM **MUSCLEWORKS** - Penny
 11:45 AM **CYCLE** - Penny

4:30 PM **BODYPUMP™** - Gloria
 5:30 PM **ZUMBA™** - Adele
 5:30 PM **POWER YOGA** - Ashley
 5:30 PM ****TAE KWON DO(ages 4-12)**-Jeffrey
 6:30 PM **TAE KWON DO (age 13-adult)**-Jeffrey

25/26

Saturday

8:30 AM **RPM™ CYCLE** - Karen
 9:00 AM **TURBOKICK™** - Sunshine
 9:30 AM ****TRX Basic Training™**- Rachel
 10:00 AM **MUSCLEWORKS** - Penny
 10:00 AM **YOGA** - Ashley

Sunday

1:30 PM **BODYATTACK™** - Karen
 1:30 PM **YOGA** - Pamala