

Studies show participants work harder and get better results in a group setting. Join a class and get in shape for Spring!

<p>5</p> <p>5:15 AM **TRX Circuit Training™-Amanda 6:00 AM RPM™ CYCLE - Michele 9:15 AM BODYATTACK™ - Karen 10:15 AM GENTLE YOGA - Pamala 11:30 AM MUSCLEWORKS - Penny 11:45 AM RPM™ CYCLE - Ron</p> <p>4:30 PM **TRX Circuit Training™- Cale 4:30 PM STEPJAM - Gloria 4:30 PM PILATES - Kelli 5:30 PM **ZUMBA™ - Pam 5:30 PM BODYPUMP™ - Dawn 5:30 PM RPM™ CYCLE - Susan 6:40 PM YOGA - Laurie W. 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>6</p> <p>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</p> <p>4:30 PM **ZUMBA® TONING - Tasha 4:30 PM MUSCLEWORKS - Michele 5:30 PM **BODYATTACK™ - Rachel 5:30 PM RPM™ CYCLE - Karen 5:30 PM TURBOKICK™- Sunshine 6:30 PM BUTTS & GUTS - Sunshine 6:40 PM Beginner Charleston - Huy 7:40 PM Intermediate Lindy Hop - Huy</p>	<p>7</p> <p>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</p> <p>4:30 PM TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 5:30 PM PILATES - Lisa 5:30 PM BODYPUMP™ - Gloria 5:30 PM **TRX Circuit Training™(1.25 hours)- Val 6:30 PM STEPJAM - Katrina</p>
<p>12</p> <p>5:15 AM **TRX Circuit Training™-Amanda 6:00 AM RPM™ CYCLE - Ron 9:15 AM BODYATTACK™ - Laurie 10:15 AM GENTLE YOGA - Pamala 11:30 AM MUSCLEWORKS - Michele 11:45 AM RPM™ CYCLE - Val</p> <p>4:30 PM **TRX Circuit Training™- Cale 4:30 PM STEPJAM - Gloria 4:30 PM PILATES - Kelli 5:30 PM **ZUMBA™ - Tasha 5:30 PM BODYPUMP™ - Dawn 5:30 PM RPM™ CYCLE - Susan 6:40 PM YOGA - Laurie W. 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>13</p> <p>5:30 AM BODYPUMP™ - Keisha 5:30 AM YOGA - Ashley 9:15 AM BODYPUMP™ - Gloria 10:15 AM PILOXING™ - Lisa 11:30 AM **BOOT CAMP - Michele 12:00 PM PILATES - Andrea</p> <p>4:30 PM **ZUMBA® TONING - Tasha 4:30 PM MUSCLEWORKS - Michele 5:30 PM **BODYATTACK™ - Gloria 5:30 PM RPM™ CYCLE - Susan 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine 6:40 PM Beginner Charleston - Huy 7:40 PM Intermediate Lindy Hop - Huy</p>	<p>14</p> <p>5:30 AM BODYATTACK™ - Katrina 9:15 AM ZUMBA™ - Tasha 10:15 AM YOGA - Holley 11:30 AM MUSCLEWORKS - Michele 11:45 AM RPM™ CYCLE - Val</p> <p>4:30 PM TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Lisa 5:30 PM PILATES - Kelli 5:30 PM BODYPUMP™ - Laurie 5:30 PM **TRX Circuit Training™(1.25 hours)- Val 6:30 PM STEPJAM - Katrina</p>
<p>19</p> <p>5:15 AM **TRX Circuit Training™-Cale 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 - Ron</p> <p>4:30 PM **TRX Circuit Training™ -Cale 4:30 PM STEPJAM - Gloria 4:30 PM PILATES - Lisa 5:30 PM **ZUMBA™ - Tasha 5:30 PM BODYPUMP™ - Dawn 5:30 PM RPM™ CYCLE - Susan 6:40 PM YOGA - Katherine 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>20</p> <p>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</p> <p>4:30 PM **ZUMBA® TONING - Tasha 4:30 PM MUSCLEWORKS - Michele 5:30 PM **BODYATTACK™ - Rachel 5:30 PM RPM™ CYCLE - Susan 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine 6:40 PM Beginner Charleston - Huy 7:40 PM Intermediate Lindy Hop - Huy</p>	<p>21</p> <p>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</p> <p>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</p>
<p>26</p> <p>5:15 AM **TRX Circuit Training™-Amanda 6:00 AM RPM™ CYCLE - Michele 9:15 AM BODYATTACK™ - Laurie 10:15 AM GENTLE YOGA - Tasha 11:30 AM MUSCLEWORKS - Penny 11:45 AM RPM™ CYCLE - Karen</p> <p>4:30 PM **TRX Circuit Training™ -Cale 4:30 PM STEPJAM - Gloria 4:30 PM PILATES - Kelli 5:30 PM **ZUMBA™ - Tasha 5:30 PM BODYPUMP™ - Dawn 5:30 PM RPM™ CYCLE - Ron 6:40 PM YOGA - Laurie W. 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey</p>	<p>27</p> <p>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</p> <p>4:30 PM **ZUMBA® TONING - Tasha 4:30 PM MUSCLEWORKS - Michele 5:30 PM **BODYATTACK™ - Rachel 5:30 PM RPM™ CYCLE - Susan 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine 6:40 PM Beginner Charleston - Huy 7:40 PM Intermediate Lindy Hop - Huy</p>	<p>28</p> <p>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</p> <p>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 - Gloria</p>

Thursday

Friday

Saturday & Sunday

1

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

2

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

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

3/4

Saturday

8:30 AM **RPM™ CYCLE** - Karen
 9:00 AM **ZUMBA™** - Adele
 9:30 AM ****TRX Basic Training™**- Amanda
 10:00 AM **MUSCLEWORKS** - Rachel
 10:00 AM **YOGA** - Ashley

Sunday

1:30 PM **BODYPUMP™** - Keisha
 1:30 PM **YOGA** - Abby

8

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

9

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

4:30 PM **BODYPUMP™** - Gloria
 5:30 PM **ZUMBA™** - Pam
 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

10/11

Saturday

8:30 AM **RPM™ CYCLE** - Susan
 9:00 AM **PILOXING™** - Lisa
 9:30 AM ****TRX Basic Training™**- Michele
 10:00 AM **MUSCLEWORKS** - Rachel
 10:00 AM **YOGA** - Ashley

Sunday

1:30 PM **STEPJAM** - Gloria
 1:30 PM **YOGA** - Naomi

15

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** - Ron
 6:30 PM **BUTTS & GUTS** - Susan

16

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

4:30 PM **BODYPUMP™** - Gloria
 5:30 PM **ZUMBA™** - Candice
 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

17/18

Saturday

8:30 AM **RPM™ CYCLE** - Ron
 9:00 AM **STEPJAM** - Gloria
 9:30 AM ****TRX Basic Training™**- Cale
 10:00 AM **MUSCLEWORKS** - Rachel
 10:00 AM **Intermediate YOGA** - Holley

**Try our Intermediate Yoga Workshop
 from 10:00am - 12:00pm.
 Sunday**

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

22

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™** - Rachel
 5:30 PM **HIP HOP JAM**- Candice
 5:30 PM **RPM™ CYCLE** - Ron
 6:30 PM **BUTTS & GUTS** - Susan

23

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

4:30 PM **BODYPUMP™** - Dawn
 5:30 PM **ZUMBA™** - Candice
 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

24/25

Saturday

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

**Join Tasha for Schoolhouse Zumba
 to benefit Christmas Charities
 Year Round! Class starts at
 11am and the cost is \$10 per person.
 Sunday**

1:30 PM **PILOXING™** - Candice
 1:30 PM **YOGA** - Lisa

29

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

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

30

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™** - Candice
 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

31

Saturday

8:30 AM **RPM™ CYCLE** - Karen
 9:00 AM ****BODYATTACK™** - Gloria
 9:30 AM ****TRX Basic Training™**- Cale
 10:00 AM **MUSCLEWORKS** - Penny
 10:00 AM **YOGA** - Ashley