

Sun Mon Tue Wed Thu Fri Sat

Please sign up for the following classes at the Front Counter:

Sunrise Circuit, Circuit, Circuit Bata, 30/30 Full Body, Cardio Vibe, Total Body Vibe, Cycling and Kickboxing!

<p>Please sign up for the following classes at the Front Counter:</p> <p>Sunrise Circuit, Circuit, Circuit Bata, 30/30 Full Body, Cardio Vibe, Total Body Vibe, Cycling and Kickboxing!</p>			<p>1 6:00A Sunrise Circuit 9:00A TRX Circuit (Fitness Center) 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:00P Kickboxing 7:00P TRX* 7:00P Power Yoga</p>	<p>2 6:00A Cycling 8:00A Yoga 8:30A Waterworks 9:00A Trekking 9:05A Pilates 5:30P Karate* 5:30P Drop In Boot* 6:00P Cycling 6:00P Pilates 6:00P Kettlebell* 7:00P Build 2 Burn</p>	<p>3 6:00A Kickboxing 8:30A 20/20/20 9:00A Kettlebell* 9:30A Cycling 6:00P Zumba</p>	<p>4 8:30A CircuitBat 8:30A Cycling 8:45A Waterwork 9:00 A Cardio Vibe (Studio 1) 10:00A TRX* 10:00A Yoga</p>
<p>5 8:30A Cycling 9:00A Cardio Tennis 10:00A Mat Power Pilates</p>	<p>6 8:30A Cardio/Sculpt 9:00A Kickboxing 9:30A Cycling 5:30P Karate* 5:30P TRX* 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell* 7:00P Ashtanga Yoga</p>	<p>7 6:00A Cycling 8:00A Yoga 9:05A Pilates 9:00A Trekking 6:00P Cycling 6:00P Pilates 6:00P Zumba 7:15 Total Body Vibe (Studio 1)</p>	<p>8 6:00A Sunrise Circuit 9:00A Body Blast (Studio 3) 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:00P Kickboxing 7:00P TRX* 7:00P Hatha Yoga</p>	<p>9 6:00A Cycling 8:00A Yoga 8:30A Waterworks 9:00A Trekking 9:05A Pilates 5:30P Karate* 5:30P Drop In Boot* 6:00P Cycling 6:00P Pilates 6:00P Kettlebell* 7:00P Build 2 Burn</p>	<p>10 6:00A Kickboxing 8:30A 20/20/20 9:00A Kettlebell* 9:30A Cycling 6:00P Zumba</p>	<p>11 8:30A Circuit 8:30A Cycling 8:45A Waterwork 9:00 A Cardio Vibe (Studio 1) 10:00A TRX* 10:00A Yoga</p>
<p>12 8:30A Cycling 9:00A Cardio Tennis 10:00A Mat Power Pilates</p>	<p>13 8:30A Cardio/Sculpt 9:00A Kickboxing 9:30A Cycling 5:30P Karate* 5:30P TRX* 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell* 7:00P Yin Yoga</p>	<p>14 6:00A Cycling 8:00A Yoga 9:05A Pilates 9:00A Trekking 6:00P Cycling / Strength Fusion 6:00P Pilates 6:00P Zumba 7:15 Total Body Vibe (Studio 1)</p>	<p>15 6:00A Sunrise Circuit 9:00A TRX Circuit (Fitness Center) 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:00P Kickboxing 7:00P TRX* 7:00P Power Yoga</p>	<p>16 6:00A Cycling 8:00A Yoga 8:30A Waterworks 9:00A Trekking 9:05A Pilates 5:30P Karate* 5:30P Drop In Boot* 6:00P Cycling 6:00P Pilates 6:00P Kettlebell* 7:00P Build 2 Burn 7:00P Zumba</p>	<p>17 6:00A Kickboxing 8:30A 20/20/20 9:00A Kettlebell* 9:30A Cycling 6:00P Zumba</p>	<p>18 8:30A CircuitBat 8:30A Cycling 8:45A Waterwork 9:00 A Cardio Vibe (Studio 1) 10:00A TRX* 10:00A Yoga</p>
<p>19 8:30A Cycling 9:00A Cardio Tennis 10:00A Mat Power Pilates</p>	<p>20 8:30A Cardio/Sculpt 9:00A Kickboxing 9:30A Cycling 5:30P Karate* 5:30P TRX* 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell* 7:00P Ashtanga Yoga</p>	<p>21 6:00A Cycling 8:00A Yoga 9:05A Pilates 9:00A Trekking 6:00P Cycling 6:00P Pilates 6:00P Zumba 7:15 Total Body Vibe (Studio 1)</p>	<p>22 6:00A Sunrise Circuit 9:00A Body Blast (Studio 3) 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:00P Kickboxing 7:00P TRX* 7:00P Hatha Yoga</p>	<p>23 6:00A Cycling 8:00A Yoga 8:30A Waterworks 9:00A Trekking 9:05A Pilates 5:30P Karate* 5:30P Drop In Boot* 6:00P Cycling 6:00P Pilates 6:00P Kettlebell* 7:00P Build 2 Burn 7:00P Zumba</p>	<p>24 6:00A Kickboxing 8:30A 20/20/20 9:00A Kettlebell* 9:30A Cycling 6:00P Zumba</p>	<p>25 8:30A Circuit 8:30A Cycling 8:45A Waterwork 9:00 A Cardio Vibe (Studio 1) 10:00A TRX* 10:00A Yoga</p>
<p>26 8:30A Cycling 9:00A Cardio Tennis 10:00A Mat Power Pilates</p>	<p>27 8:30A Cardio/Sculpt 9:00A Kickboxing 9:30A Cycling 5:30P Karate* 5:30P TRX* 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell* 7:00P Yin Yoga</p>	<p>28 6:00A Cycling 8:00A Yoga 9:05A Pilates 9:00A Trekking 6:00P Cycling / Strength Fusion 6:00P Pilates 6:00P Zumba 7:15 Total Body Vibe (Studio 1)</p>	<p>29 6:00A Sunrise Circuit 9:00A TRX Circuit (Fitness Center) 6:00P Waterworks 6:00P Full Body 6:30P Core Galore 6:00P Kickboxing 7:00P TRX* 7:00P Power Yoga</p>	<p>Bold* = Fee Based class Bold = New Classes New Classes! (Both FREE to members) “Cardio Vibe” – a high-energy cardio class combining kickboxing, dance and cardio drills taught by 1-2 Vibe Fit instructors (Saturdays)</p>		