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***\$5-10 OR \$75/mo. membership OR pass**
****\$10 MBR/\$15 Non-MBR OR pass**

FIRST TIMERS PROMO (\$28/14 DAYS/*UNLIMITED CLASSES)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:00am "G" Battle Balls, Bands & Boards	5:15-6:15am Weight Training Need Assessment	5:15-6am ** "G" Fit Cycle w/Gena B	7-8:00am Weight Training Need Assessment	7:30-8:15am * "G" Battle Balls, Bands & Boards w/Pat
5:15-6:05am ** Heavy Bag Boxing Fitness w/Stephen	5:15-6:00am * FHIIT & Toning w/Jen	5:15-6:00am * "G" Battle Balls, Bands & Boards	5:15-6:00am * "G" Battle Ropes w/Kerry Ann		8-8:45am * "G" Battle Ropes w/Gena B, Kerry Ann, Jen, Pat SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	
9-9:45am * BEGINNERS Xtreme Step w/Debbie			9-9:45am * Zumba w/LaNesha	10-10:45am * BEGINNERS Xtreme Step w/Debbie	8:55-9:40am * Xtreme Step w/ArKeva	
10-10:45am * FHIIT & Toning w/Pat	10-10:45am * Silver & Gold w/Shelley		10-10:45am Silver & Gold w/Shelley		9:50-10:40am * Zumba w/Vickie	
5:30-6:15pm * "G" Battle Balls, Bands & Boards w/Camille	5:30-6:15pm * "G" Battle Ropes w/Kerry Ann	5:30-6:15pm * TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:15pm * FHIIT & Toning w/Pat			2:30-3:15pm ** Pedal Praise (Cycling) w/Gena B
5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment		5:30-6:30pm Weight Training Need Assessment			
6:20-7:05pm * Xtreme Step w/Jen	6:20-7:05pm ** EXTENDED TIME BEGINS 6/6 6:15-7:20pm Heavy Bag Boxing Fitness w/Stephen	6:20-7:05pm * Hip Hop w/Camille	6:30-7:15pm ** "G" Fit Cycle w/Mark or Gena B SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	6-6:45pm * Zumba w/Vickie VICKIES LAST DAY 5/26		
7:15-8:00pm * Hip Hop Cardio Kick w/Jen		7:15-8:00pm * Xtreme Step w/ArKeva or Jen SPECIFIC INSTRUCTOR LISTED UPON	7:30-9pm * Urban Line Dance w/Deitra	5:30-6:15pm * Zumba w/Camille NEW TIME/INSTRUCT OR STARTS 6/2		



**SCAN BARCODE OR
VISIT OUR WEBSITE**