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**EFF. 3/1, 2023**

**\*\$5-10, \$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	5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards w/Pat *
9-9:45am <b>BEGINNERS</b> Xtreme Step w/Debbie *	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 *	<b>BEGINS 3/17</b> ** 5:15-6am "G" Fit Cycle w/Gena B	8-8:45am "G" Battle Ropes w/Gena B, Kerry Ann, Jen, Pat <b>SPECIFIC</b> <b>INSTRUCTOR</b> <b>LISTED UPON</b> <b>SIGN UP</b>	
10-10:45am FHIIT & Toning w/Pat *	10-10:45am Silver & Gold w/Shelley *	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana *	10-10:45am Silver & Gold w/Shelley *	10-10:45am <b>BEGINNERS</b> Xtreme Step w/Debbie *	8:55-9:40am Xtreme Step w/Arkeva *	
5:30-6:15pm "G" Battle Balls, Bands & Boards w/Camille *	5:30-6:15pm 10 Rounds BURN (shadow boxing) w/Gena B *	5:30-6:15pm Hip Hop w/Camille *	5:30-6:15pm FHIIT & Toning w/Pat *	6-6:45pm Zumba w/Vickie *	9:50-10:40am Zumba w/Vickie *	2:30-3:15pm ** Gospel Ride (Cycling) w/Mark
5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	6:20-7:05pm Hip Hop w/Camille *	5:30-6:30pm Weight Training Need Assessment	<b>BEGINS 3/23</b> ** 6:30-7:15pm "G" Fit Cycle w/Mark or Gena B <b>SPECIFIC</b> <b>INSTRUCTOR</b> <b>LISTED UPON</b> <b>SIGN UP</b>		
6:20-7:05pm Xtreme Step w/Jen *	6:20-7:05pm Zumba w/Vickie *	7:15-8:00pm Xtreme Step w/Arkeva or Jen <b>SPECIFIC</b> <b>INSTRUCTOR</b> <b>LISTED UPON</b> <b>SIGN UP</b>	6:20-7:05pm Hip Hop w/Camille *			
7:15-8:00pm Hip Hop w/Camille *	7:15-8:00pm "G" Battle Ropes w/Kerry Ann *	7:30-9pm Urban Line Dance w/Deitra *	<b>BEGINS 3/23</b> ** 7:30-9pm Urban Line Dance w/Deitra *			



**MEMBERSHIP & PASSES AVAILABLE**  
**SCAN BARCODE OR VISIT OUR WEBSITE**