



SUN	MON	TUE	WED	THU	FRI	SAT						
	1	2	3	4	5	6						
	6:00 Aqua Boot Camp 6:00 BST/ BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Kate Nancy Kari Shana Lara Stephanie Deb Sommer Stephanie Sommer Shana Eric Sunny Lara Lori Susan Shana Susan Susan Susan Lara Lori Susan Shana Allyson Shana Stacie Alesia Wendy Ashley/Stacie Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/ BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Stephanie Cindy Shana Lori Cassie Eric Susan Sarah/Cassie Susan Sunny Chloe Sunny Debbie Kari Stacie Mary Alex Kristi Mary Alex Meg Ashley Susan	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Shannon Nancy Shana Donna Karen Sunny Donna Sunny Sunny Karen Sunny Chloe Bill/Linda Stacie Mary Alex Bill/Linda Pam Lori Kristi Dani Ashley Chloe Sarah Wendy Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Lyssa Lori Katie Chloe Cassie Sunny Debbie Stephanie/Cassie Julie Chloe Nancy Ashley Shana Alesia Linda Sommer Alesia Kristi Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/ BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 KB *NEW* (1)	Sommer Shana Stephanie Sunny Wendy Kristi Stephanie Wendy Chloe Sunny Nancy Stacie Katie Debbie Julie Debbie Dani Courtney Courtney	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND(3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	TBA Jorge Sunny TBA/Sarah Sheila Sommer Sarah Kristi Courtney Sheila Dani Linda
	7	8	9	10	11	12						
11:30 BST/ BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Sarah Nancy Sommer Sheila Shannon TBA Sheila/Danielle TBA Fumika Danielle	6:00 Aqua Boot Camp 6:00 BC/ BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN-RPM (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Sommer Ashley Nancy Chloe Stephanie Wendy Deb Chloe Wendy Dani Cassie Ashley Wendy Ashley/Cassie Karen K Chloe Lyssa Carlissa Debbie Lori Sarah Linda Linda Chloe Carlissa Ashley Chloe	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sommer Stephanie Lori Chloe Deb Dani Stephanie Dani Sunny Chloe Stephanie No Class Katie Chris No Class Stephanie Lori Alesia Carlissa Ashley Wendy Courtney Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Stephanie Chloe Katie Lyssa Lori Cassie Stacie Debbie Stacie/Cassie Julie Chloe Nancy Ashley Linda TBA Kristi Sommer TBA Dani Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 5:30 BP (1) 6:30 BodyCombat (1)	Nancy Jorge Stephanie Wendy Kristi Karen Dani Kristi Stephanie Wendy Katie Ashley Lori Debbie Julie Debbie Carlissa Linda	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stacie Cindy Kristi Stacie/Allison Danielle Dani Sarah Kristi Carlissa Lori Ildiko Linda	

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/ BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Melt-down		PYF = Pilates Yoga Fusion		PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

<p>14</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Stacie Meg Courtney Wendy Rebecca Shana Allison/Ashley Linda Carlissa Linda</p>	<p>15</p> <p>6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Sommer Lara Katie Shana TBA Stephanie Deb TBA Stephanie TBA Shana Eric Lara Lara Cindy Pam Shana Allyson Shana Shana Shannon Wendy Stacie/Ashley Chris O Ildiko</p>	<p>16</p> <p>6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN-RPM (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)</p> <p>Shana New Release Stephanie Meg Dani Lara New Release Eric Shana Lara/Cassie Karen K Shana Lyssa Fumika Debbie Nancy Alesia Karen New Release Mary Alex Ashley Rebecca Mary Alex</p>	<p>17</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Sommer Nancy Lyssa Donna Karen Shana Donna Shana Karen Lori Donna Bill/Linda Cassie Mary Alex Bill/Linda Pam Wendy Alesia Dani Carlissa Kristi Stacie Lori Debbie</p>	<p>18</p> <p>6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p> <p>Nancy Lyssa Wendy Katie Stephanie Lara Sarah Debbie Sarah/Stephanie Julie Mary Alex Nancy Stacie Mary Alex TBA Linda Kristi TBA Sommer Ashley Ildiko</p>	<p>19</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 KB *NEW* (1)</p> <p>TBA Jorge Alesia Lori Kristi TBA Alesia Kristi Dani TBA Nancy Lara Katie Debbie Julie Debbie Julie Debbie Shana Courtney Courtney</p>	<p>20</p> <p>8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)</p> <p>TBA Jorge Chloe New Release Karen Chloe Ashley Kristi Carlissa Shana Carlissa Shana</p>
<p>21</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Alesia Lara Mary Alex TBA Shannon TBA Ashley/Courtney Linda Fumika Linda</p>	<p>22</p> <p>6:00 Aqua Boot Camp 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Kari Ashley Nancy Chloe Lara Stephanie Deb Eric Stephanie Eric TBA Dani Chloe TBA Mary Alex Susan Carlissa Kristi Shannon Stacie Shannon Wendy Danielle/ Chris O Ildiko</p>	<p>23</p> <p>6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)</p> <p>Shana Lara Debbie Stephanie Shana Wendy TBA Sarah Susan Ashley/TBA Karen K Chloe Sarah Cassie Debbie Kari Stephanie Karen Karen Mary Alex Meg New Release Mary Alex</p>	<p>24</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Nancy Kari Cassie Donna Karen Dani Donna Shana Karen Shana Lara Bill/Linda Katie Carlissa Bill/Linda Pam Lori Allyson Chloe Wendy Kristi Courtney Alesia Debbie</p>	<p>25</p> <p>6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p> <p>Nancy Stephanie Katie Eric Chloe Lara Sarah Debbie Sarah/Stacie Julie Mary Alex Nancy Ashley Linda TBA Linda Dani Kristi Ashley Ildiko</p>	<p>26</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat (1)</p> <p>TBA Jorge Lara Wendy Kristi TBA Shana Kristi Lori TBA Stacie Lara Debbie Julie Debbie Alesia Ashley Shannon</p>	<p>27</p> <p>8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)</p> <p>Stephanie Chris Kari Sheila/Stephanie Kristi Sommer New Release Kristi Courtney Susan Julie Karen</p>
<p>28</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Lara TBA Eric Shana Sarah Shana Allison/Nancy Shana Allyson Danielle</p>	<p>29</p> <p>6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Sommer Stephanie Nancy Chloe TBA Stephanie Deb TBA Lara TBA Wendy Eric Lara Karen Chris Susan Carlissa Alesia Shana Shana Kristi Wendy Allison/Shannon Chris O Ildiko</p>	<p>30</p> <p>6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)</p> <p>Shana Lara Debbie Cindy Stephanie Lara TBA Eric Susan Cassie/Sarah Karen K Shana Lyssa Chloe Debbie Kari Alesia Mary Alex Karen Katie Ashley Rebecca Karen</p>	<p>31</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3)</p> <p>Nancy Kari Lori Donna Karen Shana Donna Shana Karen Dani Chloe Bill/Linda Stacie Katie Bill/Linda Pam Lori</p>	<p style="text-align: center;">Les Mills New Release Launch Dates</p> <p style="text-align: center;">BodyFlow Oct. 16th at 6am, 9am and 5:30pm BodyPump Oct. 20th at 9:00am BodyCombat Oct. 23rd at 6:30pm BodyAttack Oct. 27th at 10:00am BodyStep Nov. 1st at 9:30am and 5:30pm</p> <p style="text-align: center;">NO CLASSES OCT. 31ST IN THE EVENING</p>		



No Evening Classes