

MONDAY

6:00am
Spin & Sculpt
w/ Meredith

9:30
Circuit Training
w/ Jim

Interval Blast Cycle
w/ Joanie

10:30
Sets & Reps
w/ Joanie

11:30
Fit & Fabulous
w/ Tammy

5:30
Step it Up
w/ Brooke

Beg/Int Cycle
w/ Cyndi

6:15
Rock Hard Abs
w/ Genelle

6:30
Turbo Sculpt
w/ Genelle

TUESDAY

6:00am
Early Cycle Interval
w/ Meredith

9:30
Turbo Kick
w/ Genelle

10:30
Rock Star Yoga
w/ Kathi

5:00
Cycle Challenge
w/ Lucia

5:30
Body Sculpt
w/ Nargis

6:00
Interval Cycle
w/ Maria

6:15
Body Art Pilates
w/ Luanne

7:00
Butt & Gutt
w/ Leslie

WEDNESDAY

6:15am
Body Sculpt
w/ Luanne

9:30
Cardio & Strength
w/ Erick

Spin & Sculpt
w/ Tammy

10:30
Gentle Yoga
w/ Kathi

11:30
Fit & Fabulous
w/ Ida

5:15
20/20/20
(Step/High-Low/Sculpt)
w/Denise

5:30
Beg/Int Cycle
w/ Jeni

6:15
Jabs & Kicks
w/ Erick

THURSDAY

6:00am
Early Cycle Interval
w/ Meredith

9:30
Step & Strength
w/ Susan

Ride for Results
w/ Tammy

10:30
Body Sculpt
w/ Tammy

5:00
Turbo Kick
w/ Genelle

6:00
Interval Cycle
w/ Kristen/Nick

6:00
Yoga Blend
w/ Genelle

7:00
Strength Challenge
w/ Leslie

FRIDAY

6:15am
Bootcamp
w/ Joanie/Pam

9:30
Circuit Training
w/ Jim

Cycle & Rock Hard Abs
w/ Joanie

10:30
Fit & Fabulous
w/ Joanie

5:30
Happy Hour Cycle
w/ Lucia, Maria, Cyndi,
Jeni

SATURDAY

July 3
8:10am **Interval Cycle** w/ Maria
8:30 **Cardio Kickboxing** w/ Keith
9:00 **Beg/Int Cycle** w/Cyndi
9:30 **Turbo Kick Fireworks Blast Off**
Round 41!!!
10:30 **KID FIT** w/ Pam

July 10th
8:10am **Interval Cycle** w/ Jeni
8:30 **Cardio Kickboxing** w/ Keith
9:00 **Beg/Int. Cycle** w/Cyndi
9:30 **Strength Challenge**
w/ Leslie
10:30 **Kid Fit** w/ Angie

July 17th
8:10am **Interval Cycle** w/ Jeni
8:30 **Cardio Kickboxing** w/ Keith
9:00 **Beg/Int. Cycle** w/ Cyndi
9:30 **Butt & Gutt** w/ Leslie
10:30 **Kid Fit** w/ Angie

July 24th
8:10am **Interval Cycle** w/ Maria
8:30 **Cardio Kickboxing** w/ Keith
9:00 **Ultimate Challenge Cycle** w/
Cyndi
9:30 **Strength Challenge** w/ Leslie
10:30 **Kid Fit** w/ Robynn

July 31st
8:10am **Interval Cycle** w/ Cyndi
8:30 **Cardio Kickboxing** w/ Keith
9:00 **Ultimate Challenge Cycle** w/
Lucia
9:30 **Strength Challenge** w/ Leslie
10:30 **Kid Fit** w/ Angie

SUNDAY

July 4th
9:30am
Interval Cycle w/ Jeni

July 11th
9:30am
Ride for Results
w/ Terri

July 18th
9:30am
Interval Cycle w/ Terri

June 25th
9:30am
Ride for Results
w/ Jeni

JULY 2010

MENS CYCLE WORKSHOP Tuesday, July 13th 6:45-7:45pm**SUMMER IS ON US! JOIN NOW!**

call us for details

**FIREWORKS BLAST OFF! TURBO
KICK ROUND 41 JULY 3 - SATURDAY****Beginner Cycle Workshop**

Register at front desk

See Latest Turbo Kick Wear

Gym Hours

Mon-Thur 5am to 9:30pm

Fri 5am to 9pm

Sat 8am to 5pm

Sun 8am to 3pm