

<p style="text-align: center;">Monday <u>Circuit Training</u> 5:30-6:30pm with Cindy</p> <p style="text-align: center;"><u>Boot Camp with Cindy</u> Monday and Wednesday mornings 6:00 a.m. -7:00 a.m. With Cindy Call today to join</p> <p style="text-align: center;"><u>Circuit Training with Cindy</u> 5:30 p.m. – 6:30 p.m.</p> <p style="text-align: center;"><u>Boot Camp with Cindy and Dan</u> Monday and Wednesday evening at 6:30 p.m. -7:30 p.m. With Dan & Cindy Call today to join</p>	<p style="text-align: center;">Tuesday <u>Spin class with Pam</u> 9:45 a.m. – 10:45 a.m.</p>
<p style="text-align: center;">Wednesday <u>Circuit Training with Cindy</u> 5:30 p.m. -6:30 p.m.</p> <p style="text-align: center;"><u>Boot Camp with Cindy</u> Monday and Wednesday mornings 6:00 a.m. -7:00 a.m. With Cindy Call today to join</p> <p style="text-align: center;"><u>Boot Camp with Cindy and Dan</u> Monday and Wednesday evening 6:30 p.m. -7:30 p.m. With Dan & Cindy Call today to join</p>	<p style="text-align: center;">Thursday <u>Spin Class with Pam</u> 5:45 a.m. – 6:30 a.m.</p> <p style="text-align: center;"><u>Women & Weights with Pam</u> 9:45 a.m. – 9:45 a.m.</p>
<p style="text-align: center;">Friday <u>GYROKENSIS with Randy</u> 7:30 a.m. – 8:45 a.m.</p>	<p style="text-align: center;">Saturday <u>Boot Camp with Cindy</u> 9:15 a.m. -10:15 a.m.</p> <p style="text-align: center;"><u>Stretch and Core</u> 10:20 a.m. -11:20 a.m.</p>