MARCH

814–317–5059

30 DAY PASSES

Open Gym Only: $15

Unlimited: (POF/Barefoot/Open Gym) $65

Unlimited Plus: (POF/Barefoot/Open Gym/Martinsburg) $74

OPEN GYM HOURS

Monday – Thursday 6am – 7:30pm

Friday & Saturday 6am - Noon

MON	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
6:00 am	TORQUE & BURN-*Jen*			KETTLE BELL-*Lori*		
9:15 am			PiYo-*Ali*			
10:00am						Aqua Zumba-*Robin*
12:10pm	FUSION CYCLE-*Deena*					
4:30 pm			BALListic Core-*Nicole*	P90X-*Wendy*		Aqua Fitness *Deena*
5:30 pm	LV's Maximum Ride *Lori*	KICKBOXING-*Courtney*	ZUMBA-*Maritza*	NUTRITION CLASS-*Alice*	BEGINNER YOGA-*Jan*	
6:30 pm	Downsize FUSION-*Deena*	HIIT-*Lynn*	BUILD & BURN-*Becky*	BARRE FIT-*Ali*		Zumba - *Robin*

TUES	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
6:00 am	PEDAL IT OUT-*Jess*	TABATA-*Deena*	BAND it-*Becky*			
9:15 am				TrampoLEAN- *Wendy*		
9:30 am					INTEGRATED YOGA *Cornelia*	
12:00pm			TNT- HIIT/STRENGTH *Tiffaney*			
4:30 pm			BAND It-*Becky*	CIRCUIT-*Jodi*		Gentle Yoga - *Jan*
5:30 pm	SOULED OUT CYCLE-*Kelly*	WEIGHT LIFTING-*Lynn*	PiYo-*Tiffaney*	POWER STEP-*Becky*	INTEGRATED YOGA *Cornelia*	
6:30 pm		Beginner WEIGHT-*Lynn* WEIGHT LIFTING-*Wendy*	POUND *Teresa*	Basic BALL *Deena*		
7:15 pm	PEDAL IT OUT-*Jess*					

WED	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
6:00 am	TORQUE & BURN-*Jen*					
9:15 am			BAND It-*Becky*			Zumba Gold - *Robin*
12:00					TNT-*Tiffaney*	
4:30 pm		50 MINUTE SCULPT *Wendy*	BUILD & BURN-*Becky*	BARRE FIT-*Ali*	Gentle Yoga- *Jan*	
5:30 pm	LV's Maximum Ride-*Lori*		POWER STEP-*Wendy*	BARRE 101 - *Ali*		
6:00 pm		LEAP MEMBERS ONLY-*John*			POWER YOGA-*Tara*	
6:30 pm			BAND it-*Becky*	TrampoLEAN- *Wendy*		
7:00 pm		Downsize- *Brent*				
7:30 pm					Rest & Revive- *Erica*	

THURS	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
6:00 am	PEDAL IT OUT-*Jess*	DOWNSIZE-*Deena*				
9:30 am				PiYo FLOW- *Tiffaney*	Integrated Yoga *Cornelia*	
12:10pm			TrampoLEAN-*Becky*			
4:30 pm	XTREME CYCLE-*Nicole*			Core Barre-*Ali*		Aqua Fitness *Deena* Gentle Yoga-*Jan*
5:30 pm		HIIT-*Lynn*	BALListic CORE- *Courtney*	Insane P90X-*Wendy*	Integrated Yoga *Cornelia*	Aqua Fitness *Deena*
5:45 pm	EASY RIDE-*Mandi*					
6:30 pm			RevBeat-*Erica*	KETTLE BELL *Lindsay*		
7:00 pm		HOUSE OF PAIN *Garrett*				
7:45 pm					ZZEN NIGHT YOGA *Heather*	

FRI	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
6:00 am			RevFit-*Erica*			
9:15 am	LV's Maximum Ride-*Lori*			BARRE 101 -*Ali*		
10:00am						Aqua Zumba-*Robin*
10:30 am					Yoga.Oils.Meditation*Heather*	
12:10 pm			FAST&FURIOUS STRONGER *Becky*			
4:30 pm	Go Big or Go Home *Becky*	CIRCUIT-*Deena*		TrampoLEAN-*Jess*		
5:15 pm				TrampoLEAN-*Becky*		

SAT	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
7:00 am	XTREME CYCLE-*Nicole*	STRENGTH & FORM-*Todd*	BAND it-*Becky*	Penalty Box- *Wendy*		
8:00 am	LV's Maximum Ride-*Lori*	ADV KICKBOXING *Court*	BALListic Core-*Nicole*	KETTLE BELL-*Lindsay*		
9:00 am		WEIGHT LIFTING-*Lynn*	PiYo-*Courtney*	DOWNSIZE-*Brent*	POWER YOGA *Tara*	
9:30 am	SCULPT & SPIN-*Mandi*					
10:00am			ZUMBA-*Maritza*			

SUN	Spin Room	Weight Room	Room 1	Room 2	Barefoot	Martinsburg
7:00 am	XTREME CYCLE-*Nicole*	STRENGTH & FORM-*Todd*	DOWNSIZE-*Deena*			
9:00 am					POWER & PLAY YOGA*Tara*	
1:00 pm	FITNESS SPIN-*Mandi*					
5:00 pm			SOUL SWEAT-*Becky*			
6:00 pm					RESTORATIVE YOGA *Jan*	