

# GROUP EXERCISE SCHEDULE

Effective Sept 10, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-6:30AM <b>CYCLING</b> Joanne (Cycle Ctr)	5:45AM-6:45AM <b>ULTIMATE FUSION</b> Germaine (Studio)	5:45AM-6:45AM <b>POWER SCULPT</b> Michele (Studio)	5:45AM-6:30AM <b>CYCLING</b> Germaine (Cycle Ctr)	5:45AM-6:45AM <b>BOOT CAMP</b> Michele (Gym)		
7:00AM-7:45AM <b>AQUACISE</b> Joanne (Pool)	9:00AM-10:00AM <b>STEP &amp; SCULPT</b> Lynne (Gym)	7:00AM-7:45AM <b>AQUACISE</b> Germaine (Pool)	9:00AM-10:00AM <b>STEP &amp; SCULPT</b> Lynne (Gym)	7:00AM-7:45AM <b>AQUACISE</b> Lynne (Pool)	8:30AM-9:30AM <b>POWER SCULPT</b>  (Gym)	8:00AM-8:45AM <b>AQUACISE</b> Lynne (Pool)
9:00AM-10:00AM <b>ZUMBA WORKOUT</b> Yomi (Studio)	9:00AM-10:00AM <b>EXPLORE THE BAR/PILATES</b> Germaine (Studio)	9:00AM-9:55AM <b>CYCLE</b> Lynne (Cycle Ctr)	10:00AM-10:45AM <b>WATER ZUMBA</b> Amy (Pool)	9:15AM-10:10AM <b>CYCLE</b> Alana (Cycle Ctr)	8:30AM-9:30AM <b>CYCLING</b>  (Cycle Ctr)	8:30AM-9:30AM <b>HIIT</b> Amanda (Studio)
9:00AM-9:55AM <b>CYCLING</b> Denise (Cycle Ctr)	10:00AM-10:45AM <b>AQUACISE</b> Germaine (Pool)	9:00AM-10:00AM <b>POWER SCULPT</b> Michele (Gym)	9:00AM-10:00AM <b>YOGA</b> Joanne (Studio)	9:00AM-10:00AM <b>TOTAL BODY WORKS</b> Germaine (Gym)		9:00AM-10:00AM <b>CYCLING</b> Alana (Cycle Ctr)
10:00AM-10:45AM <b>AQUACISE</b> Denise (Pool)	10:00AM-10:45AM <b>GET STARTED</b> Lynne (Gym)	10:00AM-10:45AM <b>AQUACISE</b> Lynne (Pool)	10:00AM-10:45AM <b>GET STARTED</b> Lynne (Gym)	10:15AM-11:00AM <b>PILATES</b> Germaine (Studio)	10:00AM-11:00AM <b>ZUMBA WORKOUT</b> Maria (Studio)	10:00AM-11:00AM <b>YOGA</b> Jennifer (Studio)
10:00AM-11:00AM <b>YOGA</b> John (Studio)	4:00PM-4:45PM <b>YOUTH CIRCUIT</b> Amy (Studio)	4:00PM-4:45PM <b>YOUTH YOGA</b> Joanne (Studio)	4:00PM-4:45PM <b>YOUTH ZUMBA</b> Yomi (Studio)		<p><b>Call up to 24 hours in advance to reserve a spot in Yoga, Pilates &amp; Cycling Classes!</b></p> <p><b>Ages of Youth Classes 10-16</b></p>	
4:00PM-4:45PM <b>YOUTH BOOT CAMP</b> Michele (Gym)	6:00PM-7:00PM <b>YOGA</b> Ann (Studio)					
	7:00PM-8:00PM <b>ZUMBA WORKOUT</b> Theresa (Studio)	6:00PM-7:00PM <b>BOOT CAMP</b> Amanda (Studio)			 <p><b>973-228-7665</b></p>	
6:00PM-7:00PM <b>POWER SCULPT</b> Amanda (Studio)	7:00PM-7:45PM <b>CYCLING</b> Lynne (Cycle Ctr)	7:00PM-7:45PM <b>PILATES</b> Germaine (Studio)	7:00PM-8:00PM <b>YOGA</b> John (Studio)			