

Group Exercise Schedule

Effective: September 10, 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|---|---|
| 5:45AM-6:30AM CYCLE Joanne (Cycle Ctr) | 5:45AM-6:45AM ULTIMATE FUSION Germaine (Studio) | 5:45AM-6:45AM POWER SCULPT Michele (Gym) | 5:45AM-6:30AM CYCLE Germaine (Cycle Ctr) | 5:45AM-6:45AM TOTAL BODY WORKS Michele/Gabby (Gym) | 8:30AM-9:30AM CYCLE Joanne/Jen S (Cycle Ctr) | 8:00AM-8:45AM AQUACISE Lynne (Pool) |
| 7:00AM-7:45AM AQUACISE Joanne (Pool) | 8:30AM-9:15AM EXPLORE THE BARRE PILATES Donna (Studio) | 7:00AM-7:45AM AQUACISE Lynne (Pool) | 9:00AM-9:45AM PADDLEBOARD (Pool) starting 10/10 | 7:00AM-7:45AM AQUACISE Katie (Pool) | 8:30AM-9:30AM POWER SCULPT Bonnie (Gym) | 8:30AM-9:30AM HIIT Amanda (Studio) |
| 9:00AM-9:55AM CYCLE Denise C (Cycle Ctr) | 9:30AM-10:15AM EXPLORE THE BARRE PILATES Joanne (Studio) | 9:00AM-9:55AM CYCLE Lynne (Cycle Ctr) | 9:00AM-10:00AM YOGA Denise (Studio) | 9:15AM-10:00AM ZUMBA Vincent (Gym) | 9:30AM-10:15AM EXPLORE THE BARRE PILATES Germaine (Studio) | 9:00AM-9:45AM GET STARTED Lynne (Gym) |
| 9:00AM-10:00AM TRX, KETTLEBELL & MORE Michele (Studio) | 9:00AM-10:00AM STEP & SCULPT Lynne (Gym) | 9:00AM-10:00AM POWER SCULPT Michele (Gym) | 9:00AM-10:00AM STEP & SCULPT Lynne (Gym) | 9:00AM-10:00AM CYCLE Tara (Cycle Ctr) | | 9:00AM-10:00AM CYCLE Tara (Cycle Ctr) |
| 10:00AM-10:45AM WATER BOOTCAMP Denise C (Pool) | 10:00AM-10:45AM AQUACISE Tara (Pool) | 10:00AM-10:45AM AQUACISE Lynne (Pool) | 10:00AM-10:45AM GET STARTED Lynne (Gym) | 9:00AM-10:00AM TRX, KETTLEBELL & MORE Denise C (Studio) | 9:45AM-10:45AM BOX & BURN Janet (Gym) | 9:45AM-10:45AM YOGA Jennifer G (Studio) |
| 10:15AM-11:15AM YOGA Andrew (Studio) | 10:00AM-10:45AM GET STARTED Lynne (Gym) | 10:00AM-11:00AM GENTLE YOGA/ RESTORATIVE Susan (Studio) | 10:00AM-10:45AM AQUACISE Tara (Pool) | 10:00AM-10:45AM AQUA ZUMBA Vincent (Pool) | | 11:00AM-12:00PM ZUMBA Vincent (Studio) |
| 1:00PM-1:45PM PADDLEBOARD (Pool) starting 10/7 | 11:00AM-12:00AM ROCK STEADY BOXING FOR PARKINSONS* (Studio) starting 10/8 | 4:00PM-4:45PM CYCLE Rebecca (Cycle Ctr) | 1:00PM-2:00PM ROCK STEADY BOXING FOR PARKINSON * (Studio) starting 10/10 | 10:15AM-11:00AM PILATES Denise C (Studio) | 11:00AM-12:00PM ROCK STEADY BOXING FOR PARKINSON * (Studio) starting 10/12 | |
| 5:00PM-5:45 PM DRY LAND/SWIM TEAM 13 over* Lynne (Studio) | 4:00PM-4:45 PM TOTAL BODY Michele (Studio) | 5:00PM-5:45 PM DRY LAND/SWIM TEAM 13* Lynne (Studio) | | | | |
| 5:45PM-6:30 PM DRY LAND/SWIM TEAM 11-12* Amanda (Gym) | 5:00PM-5:45 PM DRY LAND/SWIM TEAM 11 & 12* Lynne (Studio) | 6:00PM-6:55PM BOOT CAMP Amanda (Studio) | 6:00PM-7:00PM YOGA Natasha (Studio) | | <p>SIGN UP 24 hours in advance to reserve a spot in Yoga, TRX, Pilates, Box & Burn & Cycling & Paddleboard Classes.</p> <p>*Rock Steady Boxing for Parkinson & Dry land has an additional charge.</p> | |
| 6:00PM-7:00PM BOX & BURN Janet (Studio) | 6:00PM-7:00PM TOTAL BODY Bonnie (Studio) | 7:00PM-8:00PM YOGA John (Studio) | 6:30PM-7:15PM CYCLE Jen S (Cycle Ctr) | | | |
| 7:00PM-8:00PM YOGA Catherine (Studio) | 6:30PM-7:15PM CYCLE Lynne (Cycle Ctr) | 7:00PM-8:00PM ROCK STEADY BOXING FOR PARKINSON* (Gym) starting 10/9 | 7:10PM-8:10PM ZUMBA TONING Natasha (Studio) | |  <p>973-228-7665</p> | |
| | 7:00PM-8:00PM YOGA Kirsty (Studio) | 8:00PM-8:45PM PADDLEBOARD (Pool) starting 10/9 | | | | |