

GROUP EXERCISE SCHEDULE

as of February 27, 2018

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 (Studio)	5:45AM-6:30AM CYCLE Germaine (Cycle Ctr)	5:45AM-6:45AM BOOT CAMP Tara (Gym)	8:15AM-9:00AM PADDLEBOARD YOGA/HIIT Joanne * (Pool)	
7:00AM-7:45AM AQUACISE Joanne (Pool)	8:00AM-8:45AM PADDLEBOARD YOGA/HIIT Joanne * (Pool)	7:00AM-7:45AM AQUACISE Germaine (Pool)	6:30AM-7:15AM PADDLEBOARD YOGA/HIIT Joanne * (Pool)	7:00AM-7:45AM AQUACISE Lynne (Pool)	8:30AM-9:30AM POWER SCULPT Alternating Instructors (Gym)	8:00AM-8:45AM AQUACISE Lynne (Pool)
9:00AM-10:00AM ZUMBA WORKOUT Debora (Gym)	9:00AM-9:50AM EXPLORE THE BAR/PILATES Germaine (Studio)	9:00AM-9:55AM CYCLE Lynne (Cycle Ctr)	9:00AM-10:00AM YOGA Joanne (Studio)		8:30AM-9:30AM CYCLE Tara (Cycle Ctr)	8:30AM-9:30AM HIIT Amanda (Studio)
9:00AM-9:55AM CYCLE Denise (Cycle Ctr)	9:00AM-10:00AM STEP & SCULPT Lynne (Gym)	9:00AM-10:00AM POWER SCULPT Michele (Gym)	9:00AM-10:00AM STEP & SCULPT Lynne (Gym)	9:15AM-10:15AM CYCLE Alana (Cycle Ctr)	11:30AM-12:15PM PADDLEBOARD YOGA/HIIT Joanne * (Pool)	9:00AM-10:00AM CYCLE Alana (Cycle Ctr)
9:15AM-10:00AM TRX, KETTLEBELL & MORE Jen M (Studio)	10:00AM-10:45AM GET STARTED Lynne (Gym)	10:00AM-10:45AM AQUACISE Lynne (Pool)	10:00AM-10:45AM GET STARTED Lynne (Gym)	9:00AM-10:00AM CIRCUIT Germaine (Studio)	9:45AM-10:45AM ZUMBA WORKOUT Maria (Gym)	10:00AM-11:00AM YOGA Jennifer G (Studio)
10:00-10:45AM WATER ZUMBA Denise (Pool)	10:00AM-10:45AM AQUACISE Germaine (Pool)		10:00AM-10:45AM WATER ZUMBA Debora (Pool)	10:15AM-11:00AM PILATES Germaine (Studio)	<p>Call up to 24 hours in advance to reserve a spot in Yoga, TRX Pilates & Cycling Classes.</p> <p>* There is an additional fee.</p> <p>** These are part of the senior programs.</p>	
10:15AM-11:15AM YOGA Avie (Studio)	11:00AM-11:45AM CHAIR FITNESS** Lynne (Gym)		11:00AM-11:45AM CHAIR YOGA** Joanne (Gym)			
	6:00PM-7:00PM YOGA Anne (Studio)	6:00PM-6:55PM BOOT CAMP Amanda (Studio)	6:00PM-6:45PM EXPLORE THE BAR/PILATES Germaine (Studio)		 <p>973-228-7665</p>	
6:00PM-7:00PM TOTAL BODY WORKS Janet (Studio)	7:10PM-8:10PM ZUMBA WORKOUT Natalia (Studio)		6:30PM-7:15PM CYCLE Jen S (Cycle Ctr)			
	7:00PM-7:45PM CYCLE Lynne (Cycle Ctr)		7:00PM-8:00PM YOGA Jennifer G (Studio)			