


# GROUP EXERCISE SCHEDULE

Effective as of SEPTEMBER 15, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-6:30AM <b>CYCLE</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>CYCLE</b> Germaine (Cycle Ctr)	5:45AM-6:45AM <b>BOOT CAMP</b> Tara (Gym)	8:30AM-9:30AM <b>CYCLE</b> Joanne/Jen S (Cycle Ctr)	
7:00AM-7:45AM <b>AQUACISE</b> Joanne (Pool)		7:00AM-7:45AM <b>AQUACISE</b> Lynne (Pool)		7:00AM-7:45AM <b>AQUACISE</b> Katie (Pool)	8:30AM-9:30AM <b>POWER SCULPT</b> Alternating Instructors (Gym)	8:00AM-8:45AM <b>AQUACISE</b> Lynne (Pool)
9:00AM-9:55AM <b>CYCLE</b> Denise C (Cycle Ctr)	9:00AM-9:45AM <b>EXPLORE THE BARRE PILATES</b> Joanne (Studio)	8:00AM-8:45AM <b>CARDIO-SCULPT</b> Lynne (Studio)	9:00AM-10:00AM <b>YOGA</b> Joanne (Studio)	9:00AM-9:55AM <b>ZUMBA</b> Jade (Gym)	9:00AM-9:45AM <b>EXPLORE THE BARRE PILATES</b> Germaine (Starting 9-22) (Studio)	8:30AM-9:30AM <b>HIIT</b> Amanda (Studio)
9:00AM-10:00AM <b>TRX, KETTLEBELL &amp; MORE</b> Michele (Studio)	9:00AM-10:00AM <b>STEP &amp; SCULPT</b> Lynne (Gym)	9:00AM-9:55AM <b>CYCLE</b> Lynne (Cycle Ctr)	9:00AM-10:00AM <b>STEP &amp; SCULPT</b> Lynne (Gym)	9:00AM-10:00AM <b>CYCLE</b> Tara (Cycle Ctr)		9:00AM-10:00AM <b>CYCLE</b> Tara (Cycle Ctr)
10:00AM-10:45AM <b>WATER BOOTCAMP</b> Denise C (Pool)	10:00AM-10:45AM <b>GET STARTED</b> Lynne (Gym)	9:00AM-10:00AM <b>POWER SCULPT</b> Michele (Gym)	10:00AM-10:45AM <b>GET STARTED</b> Lynne (Gym)	9:00AM-10:00AM <b>TRX, KETTLEBELL &amp; MORE</b> Denise C (Studio)	9:45AM-10:45AM <b>ZUMBA</b> Maria (Gym)	10:00AM-11:00AM <b>YOGA</b> Jennifer G (Studio)
10:15AM-11:15AM <b>YOGA</b> Avie (Studio)	10:00AM-10:45AM <b>AQUA ZUMBA</b> Jade (Pool)	10:00AM-10:45AM <b>AQUACISE</b> Lynne (Pool)	10:00AM-10:45AM <b>AQUACISE</b> Tara (Pool)	10:00AM-10:45AM <b>AQUA ZUMBA</b> Jade (Pool)	<p><b>Call up to 24 hours in advance to reserve a spot in Yoga, TRX, Pilates &amp; Cycling Classes.</b>  <b>*PADDLEBOARD YOGA/HIIT</b>  <b>Call Joanne for Times &amp; Fees</b></p>	
4:00PM-4:45PM <b>KIDS ZUMBA</b> Yomi (Studio)	4:00PM-4:45PM <b>SCULPT &amp; ABS</b> Amanda (Studio)	10:00AM-11:00AM <b>GENTLE YOGA/ RESTORATIVE</b> Susan (Studio)	6:00PM-7:00PM <b>YOGA</b> Ann Smith (Studio)	10:15AM-11:00AM <b>PILATES</b> Denise C (Studio)		
6:00PM-7:00PM <b>TOTAL BODY WORKS</b> Janet (Studio)	6:00PM-6:45PM <b>ZUMBA</b> Natasha (Studio)	6:00PM-6:55PM <b>BOOT CAMP</b> Amanda (Studio)	6:30PM-7:15PM <b>CYCLE</b> Jen S (Cycle Ctr)		 <p><b>973-228-7665</b></p>	
7:00PM-8:00PM <b>YOGA</b> Ann Smith (Studio)	6:30PM-7:15PM <b>CYCLE</b> Lynne (Cycle Ctr)	7:00PM-7:45PM <b>AQUA ZUMBA</b> Natasha (Pool)				
	7:00PM-8:00PM <b>YOGA</b> Natasha (Studio)	7:00PM-8:00PM <b>YOGA</b> Nicole (Studio)				