


GROUP EXERCISE SCHEDULE

EFFECTIVE DECEMBER 3, 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 (Gym)	5:45AM-6:30AM CYCLE Germaine (Cycle Ctr)	5:45AM-6:45AM TOTAL BODY WORKS Tara (Gym)	8:30AM-9:30AM CYCLE Joanne/Jen S (Cycle Ctr)	
7:00AM-7:45AM AQUACISE Joanne (Pool)		7:00AM-7:45AM AQUACISE Lynne (Pool)		7:00AM-7:45AM AQUACISE Katie (Pool)	8:30AM-9:30AM POWER SCULPT Alternating Instructors (Gym)	8:00AM-8:45AM AQUACISE Lynne (Pool)
9:00AM-9:55AM CYCLE Denise C (Cycle Ctr)	9:00AM-9:45AM EXPLORE THE BARRE PILATES Joanne (Studio)		9:00AM-10:00AM YOGA Denise (Studio)	9:00AM-9:55AM ZUMBA Jade (Gym)	9:00AM-9:45AM EXPLORE THE BARRE PILATES Germaine (Studio)	8:30AM-9:30AM HIIT Amanda (Studio)
9:00AM-10:00AM TRX, KETTLEBELL & MORE Michele (Studio)	9:00AM-10:00AM STEP & SCULPT Lynne (Gym)	9:00AM-9:55AM CYCLE Lynne (Cycle Ctr)	9:00AM-10:00AM STEP & SCULPT Lynne (Gym)	9:00AM-10:00AM CYCLE Tara (Cycle Ctr)	9:45AM-10:45AM ZUMBA Maria (Gym)	9:00AM-10:00AM CYCLE Tara (Cycle Ctr)
10:00AM-10:45AM WATER BOOTCAMP Denise C (Pool)	10:00AM-10:45AM GET STARTED Lynne (Gym)	9:00AM-10:00AM POWER SCULPT Michele (Gym)	10:00AM-10:45AM GET STARTED Lynne (Gym)	9:00AM-10:00AM TRX, KETTLEBELL & MORE Denise C (Studio)	10:00AM-11:00AM BOXING Janet (Studio)	10:00AM-11:00AM YOGA Jennifer G (Studio)
10:15AM-11:15AM YOGA Avie (Studio)	10:00AM-10:45AM AQUA ZUMBA Jade (Pool)	10:00AM-10:45AM AQUACISE Lynne (Pool)	10:00AM-10:45AM AQUACISE Tara (Pool)	10:00AM-10:45AM AQUA ZUMBA Jade (Pool)	<p>Call up to 24 hours in advance to reserve a spot in Yoga, TRX, Pilates & Cycling Classes. *PADDLEBOARD YOGA/HIIT Call Joanne for Times & Fees</p>	
4:15PM-4:55PM KIDS ZUMBA Yomi (ages 5-9) (Studio)	6:00PM-7:00PM YOGA Natasha (Studio)	10:00AM-11:00AM GENTLE YOGA/ RESTORATIVE Susan (Studio)	6:00PM-7:00PM GENTLE YOGA/ RESTORATIVE Susan (Studio)	10:15AM-11:00AM PILATES Denise C (Studio)		
6:00PM-7:00PM TOTAL BODY WORKS Janet (Studio)	6:30PM-7:15PM CYCLE Lynne (Cycle Ctr)	6:00PM-6:55PM BOOT CAMP Amanda (Studio)	6:30PM-7:15PM CYCLE Jen S (Cycle Ctr)		 <p>973-228-7665</p>	
7:00PM-8:00PM YOGA Ann Smith (Studio)	7:10PM-8:10PM ZUMBA TONING Natasha (Studio)	7:00PM-8:00PM YOGA Nicole (Studio)				