

GROUP FITNESS SCHEDULE EFFECTIVE 3/06/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 AM BODY ROCK SCULPT JOANNE	7:30-8:30AM FULL BODY AL	7:30-7:45 am ABS JOANNE	7:30-8:30 AM FULL BODY AL	7:30-8:00AM ARMS & ABS AL	7:30-8:00AM CUT 2 THE CORE JOANNE	
8:30-9:30 AM CARDIO SCULPT DANIELLE	8:30-9:30AM BODY DEFINITION AL	8:30-9:30AM CARDIO SCULPT DANIELLE	8:30-9:30AM BODY DEFINITION JOYCE	8:00 – 9:00 AM FULL BODY AL	8:00-9:00AM KICKBOX X-TREME JOANNE	8:30-9:30AM CARDIO SCULPT CARLOS
9:30-10:45 AM ZUMBA/ABS RACHEL	9:45-10:45 AM DRUMS ALIVE ERIC	9:30-10:45AM ZUMBA/ABS RACHEL	9:30-10:30AM BARRE DAWN O. YOGA STUDIO	9:00-10:00 AM ZUMBA CLASCY	9:00-10:00AM ZUMBA (Basketball Court) DANA	9:30-10:45AM ZUMBA/ABS RACHEL
11:00-12:00 PM ZUMBA DANA M.	11:00-12:00PM ZUMBA BARBARA P.	4:30-5:30 PM FULL BODY SCULPT AL (YOGA STUDIO)	10:45- 11:45 PM ZUMBA EMMA R.	10:30-11:30AM ZUMBA BARBARA	9:00-9:45AM INTERMED. STEP 9:45-10:30AM ADVANCED STEP NANCY	
	11:00-12:00PM R + R + Ex EQUALS BALANCE NANCY C. (YOGA STUDIO)	4:30-5:30 PM ZUMBA CARI L.	12:00-1:00PM TAI CHI NANCY CHIN	11:30-12:30 PM TOTAL TONE JOYCE	10:30-11:30AM BODY DEFINITION NANCY	
4:45-5:45 PM R + R + Ex = BALANCE NANCY C.	12:00-1:00 PM EGOSCUE KIM S.	5:30-6:00PM BARRE & MORE NANCY			**10:00-11:00AM** BOOTCAMP W/ ROB \$20 FEE	
4:45-5:45 PM ZUMBA DANA M.	4:30-5:30 PM BARRE DAWN O.	6:00-7:00PM H.I.I.T. NANCY	4:30-5:30 STRONG & FIRM ILENE	HOURS OF OPERATION MONDAY – THURSDAY 4:30AM – MIDNIGHT FRIDAY 4:30-10:00PM SATURDAY & SUNDAY 7:00AM – 8:00PM DAYCARE HOURS MONDAY-THURS 8:00AM-12NOON / 4:30-8:00 PM FRIDAY 8:00AM-12:00 NOON SATURDAY & SUNDAY 8:00AM-12:00 NOON **classes are subject to change without notice** (516)496-3100		
	NEW TIME STARTS 3/6 - 5/22 6:15-7:30 PM 60/15 ZUMBA/ABS DANIELLE P.	7:00-7:30 PM ABS & CORE NANCY	5:30-6:30 PM ZUMBA EMMA			
		6:00-7:00PM SPOXING W/ ROB \$30 FEE				