



RESERVATIONS FOR CLASSES ARE REQUIRED AS SPACE IS LIMITED. RESERVATIONS MAY BE CANCELED WITHIN 1 HOUR OF CLASS START TO AVOID A \$5 NO-SHOW CHARGE.

201-282-5225

EFFECTIVE SEPTEMBER 12, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30AM CYCLE CHAD D CYCLE STUDIO				
	6:30AM ENERGY CIRCUIT AMY L GROUP FITNESS STUDIO		7:00AM YOGA TERRY L MIND BODY STUDIO			
8:30AM TOTAL BODY PUMP MICHELE K GROUP FITNESS STUDIO	8:30AM KICKBOX N KETTLE BELLS GREG R GROUP FITNESS STUDIO	8:30AM HALO SEEMA B GROUP FITNESS STUDIO	8:30AM STACKED AMY L GROUP FITNESS STUDIO	8:30AM STRONG NATION LULI V GROUP FITNESS STUDIO	8:00AM CYCLE SHERI M CYCLE STUDIO	8:30AM CYCLE PATRICK M CYCLE STUDIO
9:30AM ZUMBA LULI V GROUP FITNESS STUDIO	9:30AM BUTTS N GUTS GREG R GROUP FITNESS STUDIO		9:30AM ZUMBA LULI V GROUP FITNESS STUDIO	9:30AM BURN MICHELE K GROUP FITNESS STUDIO	9:00AM STRENGTH ALLY G GROUP FITNESS STUDIO	9:30AM BURN SEEMA B GROUP FITNESS STUDIO
9:30AM CYCLE MICHELE K CYCLE STUDIO		9:30AM CYCLE SEEMA B CYCLE STUDIO	9:30AM CYCLE PAT C CYCLE STUDIO		10:00AM ADVANCED STEP ALLY G GROUP FITNESS STUDIO	9:30AM PILATES BOOTCAMP ANNE S MIND BODY STUDIO
				10:30AM CYCLE & CORE MICHELE K CYCLE STUDIO		
10:30AM AQUA FIT JESSICA W POOL	10:30AM YOGA TERRY L MIND BODY STUDIO			10:30AM AQUA FIT SHERI M POOL	10:00AM YOGA TRICIA L MIND BODY STUDIO	10:30AM AQUA FIT MERYL R POOL
5:30PM CYCLE CHAD D CYCLE STUDIO						
	6:00PM ZUMBA MARY C GROUP FITNESS STUDIO	6:00PM STEP ALLY G GROUP FITNESS STUDIO	6:00PM KICKBOX N KETTLE BELLS GREG R GROUP FITNESS STUDIO			
			6:00PM CYCLE CHAD D CYCLE STUDIO			
6:30PM STRENGTH MERYL R GROUP FITNESS STUDIO	6:30PM WARRIOR YOGA ANNE S MIND BODY STUDIO	6:30PM PILATES BOOTCAMP ANNE S MIND BODY STUDIO				
	6:30PM AQUA HIIT MERYL R POOL		6:30PM AQUA STRENGTH SEEMA B POOL			
<b>PILATES REFORMER SCHEDULE</b>						<b>8 sessions = \$200</b>
		9:30AM ANNE S REFORMER STUDIO			9:30AM ANNE S REFORMER STUDIO	
4:30PM ANNE S REFORMER STUDIO		7:30PM ANNE S REFORMER STUDIO				