



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 OCTOBER 25, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM CYCLE SUSANNAH B CYCLE STUDIO	5:30AM ENERGY CIRCUIT SCOTT R GROUP FITNESS STUDIO	5:30AM CYCLE CHAD D CYCLE STUDIO	5:30AM POWER YOGA LORRAINE MIND BODY STUDIO	5:30AM CYCLE MICHAEL B CYCLE STUDIO		
					8:00AM CYCLE MICHELE K CYCLE STUDIO	
					8:00AM HATHA YOGA LORRAINE MIND BODY STUDIO	
8:30AM TOTAL BODY PUMP MICHELE K GROUP FITNESS STUDIO	8:30AM KICKBOX & KETTLEBELLS GREG R GROUP FITNESS STUDIO	8:30AM HALO SEEMA B GROUP FITNESS STUDIO	8:30AM STACKED AMY L GROUP FITNESS STUDIO	8:30AM STRONG LULI V GROUP FITNESS STUDIO		8:30AM VINYASA YOGA TRICIA L MIND BODY STUDIO
				8:30AM CYCLE SHERI M CYCLE STUDIO		8:30AM CYCLE PATRICK M CYCLE STUDIO
					9:00AM STEP ALLY G GROUP FITNESS STUDIO	
					9:00AM MAX STRENGTH MICHELE K GROUP FITNESS STUDIO	
9:30AM CYCLE MICHELE K CYCLE STUDIO		9:30AM CYCLE SEEMA B CYCLE STUDIO	9:30AM CYCLE PAT C CYCLE STUDIO			
9:30AM ZUMBA LULI V GROUP FITNESS STUDIO	9:30AM BUTTS N GUTS GREG R GROUP FITNESS STUDIO	9:30AM ENERGY CIRCUIT MICHELLE KAZZ GROUP FITNESS STUDIO	9:30AM ZUMBA LULI V GROUP FITNESS STUDIO	9:30AM BURN MICHELE K GROUP FITNESS STUDIO		9:30AM BURN SEEMA B GROUP FITNESS STUDIO
						9:30AM PILATES BARRE ANNE S MIND BODY STUDIO
					10:00AM STRENGTH ALLY G GROUP FITNESS STUDIO	
10:30AM H2O FIT JESSICA W POOL		10:30AM H2O RUN SEEMA B POOL		10:30AM H2O FIT SHERI M POOL		10:30AM H2O FIT MJ WITHERS POOL
	10:30AM HATHA YOGA TERRY L MIND BODY STUDIO			10:30AM RESTORATIVE YOGA SHARON J MIND BODY STUDIO		
5:30PM CYCLE CHAD D CYCLE STUDIO			5:30PM KICKBOX & CORE GREG R GROUP FITNESS STUDIO			
	6:00PM BURN SEEMA B GROUP FITNESS STUDIO	6:00PM ZUMBA LAURA G GROUP FITNESS STUDIO	6:00PM CYCLE CHAD D CYCLE STUDIO			
6:30M STRENGTH MERYL R GROUP FITNESS STUDIO	6:30PM WARRIOR YOGA ANNE S MIND BODY STUDIO	6:30PM PILATES BARRE ANNE S MIND BODY STUDIO	6:30PM STEP ALLY G GROUP FITNESS STUDIO			
	6:30PM H2O HIIT MERYL R POOL		6:30PM H2O EXTREME GREG R POOL			
REFORMER	*\$200 / 8 PAK OF CLASSES					
		9:30AM ANNE S			9:30AM ANNE S	
4:00PM ANNE S						
		7:30PM ANNE S				