



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 24, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30AM CYCLE CHAD D CYCLE STUDIO		5:30AM STACKED SCOTT R GROUP FITNESS STUDIO		
8:30AM TOTAL BODY PUMP MICHELE K GROUP FITNESS STUDIO	8:30AM BLAST EILEEN T GROUP FITNESS STUDIO	8:30AM HALO SCULPT SEEMA B GROUP FITNESS STUDIO	8:30AM STACKED AMY L GROUP FITNESS STUDIO	8:30AM MAX STRENGTH MICHELE K GROUP FITNESS STUDIO	8:30AM BOOTCAMP CIRCUIT MICHELE K GROUP FITNESS STUDIO	8:30AM CYCLE PATRICK M CYCLE STUDIO
9:30AM CYCLE SEEMA B CYCLE STUDIO	9:30AM 30-Min BUTTS N GUTS EILEEN T MIND BODY STUDIO	9:30AM CYCLE MICHELE K CYCLE STUDIO	9:30AM CYCLE SUSANNAH B CYCLE STUDIO	9:30AM MAX CARDIO MICHELE K GROUP FITNESS STUDIO	9:30AM CYCLE MICHELE K CYCLE STUDIO	9:30AM BURN PATRICK M GROUP FITNESS STUDIO
9:30AM HALO SCULPT LULI V GROUP FITNESS ROOM	9:30AM ZUMBA BEATRIZ G GROUP FITNESS STUDIO	9:30AM ENERGY CIRCUIT MICHELLE KAZZ GROUP FITNESS STUDIO	9:30AM ZUMBA LULI V GROUP FITNESS STUDIO	9:30AM CORE & RESTORE YOGA SHARON J MIND BODY STUDIO	9:30AM STEP ALLY G GROUP FITNESS STUDIO	9:30AM PILATES BOOTCAMP ANNE S MIND BODY STUDIO
					10:30AM SCULPT ALLY G GROUP FITNESS STUDIO	
	5:30PM CYCLE CHAD D CYCLE STUDIO					
		6:00PM BLAST EILEEN T GROUP FITNESS STUDIO	6:00PM KICKBOX & CORE FELIX S GROUP FITNESS STUDIO			
6:30PM LIFE STRETCH CLIFFORD W MIND BODY STUDIO	6:30PM WARRIOR YOGA ANNE S GROUP FITNESS STUDIO		6:30PM RESTORATIVE YOGA SHARON J MIND BODY STUDIO			
	6:30PM H2O EXTREME DONNA T POOL		6:30PM H2O EXTREME SEEMA B POOL			
REFORMER *\$200 / 8 PAK OF CLASSES						
		9:30AM PILATES REFORMER ANNE S			9:30AM PILATES REFORMER ANNE S	
4:00PM PILATES REFORMER ANNE S						
		6:00PM REFORMER CHAIR & BOSU ANNE S				
		7:00PM PILATES REFORMER ANNE S				