



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 FEBRUARY 13, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30AM CYCLE JENN P 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 GROUP FITNESS 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 VINYASA FLOW SHARON J MIND BODY STUDIO	9:30AM SCULPT & BURN 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 SEEMA B MIND BODY STUDIO
	10:00AM ZUMBA BEATRIZ G GROUP FITNESS STUDIO				10:30AM STRENGTH ALLY G GROUP FITNESS STUDIO	
	5:30PM CYCLE CHAD D CYCLE STUDIO		5:30PM CYCLE SEEMA B CYCLE STUDIO			
6:00PM BOOTCAMP CIRCUIT CHRIS K GROUP FITNESS STUDIO		6:00PM BLAST EILEEN T GROUP FITNESS STUDIO				
6:30PM YOGA STRETCH LORRAINE L MIND BODY STUDIO	6:30PM PILATES BOOTCAMP SEEMA B GROUP FITNESS STUDIO		6:30PM RESTORATIVE YOGA SHARON J MIND BODY STUDIO			
	6:30PM H2O FIT LAURIE G POOL		6:30PM H2O STRENGTH SEEMA B POOL			