



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 JANUARY 9 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM MAX STRENGTH MICHELE K GROUP FITNESS STUDIO	8:30AM BODY BLAST EILEEN T GROUP FITNESS STUDIO	8:30AM HALO SCULPT SEEMA B GROUP FITNESS STUDIO	8:30AM STACKED MIKKI M GROUP FITNESS STUDIO	8:30AM BURN MICHELE K GROUP FITNESS STUDIO	8:30AM TOTAL BODY PUMP MICHELE K GROUP FITNESSSTUDIO	8:30AM CYCLE PATRICK M CYCLE STUDIO
9:30AM CYCLE SEEMA B CYCLE STUDIO	9:30AM FLOW & RESTORE YOGA SHARON J MIND BODY STUDIO	9:30AM CYCLE MICHELE K CYCLE STUDIO	9:30AM CORE & RESTORE YOGA SHARON J GROUP FITNESS STUDIO	9:30AM TNT Trampoline N Tone MICHELE K GROUP FITNESS STUDIO	9:30AM CYCLE MICHELE K CYCLE STUDIO	9:30AM BURN PATRICK M GROUP FITNESS STUDIO
	9:30AM ZUMBA REED D GROUP FITNESS STUDIO	9:30AM SCULPT & BURN MICHELLE KAZZ GROUP FITNESS STUDIO			9:30-10:00AM 30-Min BEGINNER STEP ALLY G GROUP FITNESS STUDIO	9:30AM PILATES BARRE JACKIE F MIND BODY STUDIO
					10:00-10:30AM 30-Min INTERMEDIATE STEP ALLY G GROUP FITNESS STUDIO	
					10:30AM SCULPT ALLY G GROUP FITNESS STUDIO	
	5:45PM CYCLE CHAD D CYCLE STUDIO		5:45PM CYCLE SUSANNAH B CYCLE STUDIO			
6:00PM SCULPT & TONE MIKKI M GROUP FITNESS STUDIO		6:00PM TOTAL BODY PUMP EILEEN T GROUP FITNESS STUDIO				
6:30PM FLOW STRETCH YOGA LORRAINE L MIND BODY STUDIO	6:30PM H2O FIT BRITTANY POOL	6:30PM RESTORATIVE YOGA SHARON J MIND BODY STUDIO	6:30PM H2O STRENGTH SUSANNAH B POOL			