

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Spinning* Claudia	5:45 - 6:30 am Spinning* Karen	5:45 - 6:30 am Spinning* Karen	5:45 - 6:30 am Spinning* Karen	5:45 - 6:30 am Spinning* Claudia	7:30 - 8:25 am Spinning* Tanya	8:15 - 9:00 am Spinning* Tanya
5:45 - 6:30 am Jump Start 45 Rene	9:15 - 10:30 am Super Spin* Patti	5:30 - 5:45 am Abs Tanya	8:00 - 8:55 am Endurance Fitness Rene	5:45 - 6:40 am TBC Karen	8:00 - 8:55 am ZUMBA@!* Yeye	9:00 - 9:55 am TBC Helen
8:00 - 8:55 am Tush,Tummy& ? s* Patti	9:30 - 10:25 am Interval Cardio Wts Donna	5:45 - 6:40 am TBC Tanya	9:15 - 10:10 am ZUMBA@!* Yeye	6:45 - 7:40 am Spinning* Patti	8:45 - 9:30 am Spinning* Claudia	10:00 - 10:55am Yoga Level 1 Judy
9:15 - 9:55 am Spinning* Donna	9:30 - 10:15 am Treadmill Class* Melanie	8:15 - 9:10 am Interval Cardio Wts Patti	9:30 - 10:15 am Treadmill Class* Melanie	8:15 - 9:10 am ZUMBA@!* Yeye	9:00 - 9:55 am Tush,Tummy& ? * Patti	11:00 - 12:15 pm Yoga Level 2 Judy
9:30 - 10:15 am Treadmill Class* Melanie	10:45 - 11:35 am ZUMBA@! Angelica	9:30 - 10:15 am Ellip-t-core* Melanie	10:20 - 11:00 am Core Sculpt Melanie	9:30 - 10:15 am Spinning* Donna	10:00 - 10:55 am Pilates Mat* Laura	
9:45 - 10:40 am Low Impact Fusion* Jamie	4:30 - 5:25 pm TBC Cecilia	9:30 - 10:25 am Low Impact Fusion* Jamie	10:30 - 11:15 am Beginner Spin* Jamie	9:30 - 10:25 am Cardio Fusion* Cecilia	10:15 - 11:00 am Interval Spin* Patti	
11:00 - 11:55 am ZUMBA@!* Yeye	5:00 - 5:45 pm Spinning* Donna	10:30 - 11:00 am Abs Jamie	1:30 - 2:25 pm Dance Fitness Stacy	9:30 - 10:15 am Ellip-t-core* Melanie	11:00 - 11:55 am TBC* Patti	
4:30 - 5:45 pm Vinyasa Yoga Jamie	6:00 - 6:55 pm Body Blast Donna	10:30 - 11:15 am Spinning* Donna	2:30 - 3:00 pm Abs Stacy	4:30 - 5:15 pm Spinning* Cecilia	12:00 - 12:55 am Special Pop. Yoga Jamie	
6:00 - 6:55 pm TBC Jamie	7:00 - 7:55 pm Pilates Mat Laura	3:30 - 4:25 pm Pilates Mat Joan	4:00 - 4:45 pm Spinning* Stacy	5:30 - 6:25 pm TBC Jamie		
6:45 - 7:45pm Resistance Spin * Patti	8:00 - 8:55 pm Advanced Bootcamp Rene	4:30 - 5:25 pm Barre Power Joan	4:30 - 5:25 pm Advanced Bootcamp Patti	6:30 - 7:25 pm Kickboxing* Cecilia	5:30 - 6:25 pm Low Impact Fusion Helen	4:00 - 4:55 pm Pilates Body Work Cecilia
7:00 - 7:30 pm Pilates Xpress Jamie		5:30 - 6:15 pm Beginner Spin* Donna	5:30 - 6:00 pm Xpress Cardio & Abs Rene	8:00 - 8:55 pm Bootcamp Rene		
7:45 - 8:40 pm ZUMBA@!* Yeye		5:30 - 6:40 pm Yoga Jamie	5:30 - 6:45 pm Spin & Sculpt* Jamie			
		6:45 - 7:25 pm Spinning* Patti	6:30 - 7:15 pm Spinning* Cecilia			
		6:45 - 7:40 pm Step & Sculpt Donna	7:30 - 8:25 pm Barre Method* Cecilia			
		7:45 - 8:40 pm ZUMBA @!* Angelica	8:00 - 8:45 pm Spinning* Stacy			
		8:45 - 9:30 pm ZUMBA @! Angelica				



September 4 - September 30 , 2012

**Club Hours:**

**Monday - Thursday 5 am - 10 pm**

**Friday 5 am - 9 pm**

**Weekends 7 am - 7 pm**

**Fitness Manager : Erika Procaccini**

**erika.procaccini@myhealthyfit.com**

**\* Reservation Required**

Spinning\* - Reservation Required