Fall 2018 Afternoon Fitness Schedule

Tues. Sept. 4th - Mon. Dec. 31st

All classes are 12 and older

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba(B)	**Pilates (A)**	**NJ Ballet (A)**	**Strength /Toning (B)**	**NJ Ballet (A)**
4:30-5:15pm	4:30-5:25pm	4:00-9:00pm	4:30-5:25pm	4:00-9:00pm
Yomayra	Carol B.	**Cross Training (B)**	Linda	
	Dance Fitness for Kids(B)NEW	4:30-5:25pm	**Vinyasa YogaA)**	
	Ages 5 and older	Meghan	4:30-5:25pm	
	Ages 5-8 MUST be with adult		Alexandra	**Pilates(B)**
Cardio Sculpt(B)	4:30-5:15pm	**Pilates(B)**	**Barre Yo-Lates (A)**	5:15-6:15pm
5:30-6:25pm	Elisa	5:30-6:25pm	5:30-6:30pm	Carol B
Joanne	***Kids Dance starts 9/11***	Lisa	Lisa	
Pilates(A)	**Cardio Body Works(A)**		**HIIT Fusion(B)**	
5:30-6:25pm	5:30-6:25pm	**Xtreme Boot Camp**	5:30-6:25pm	
Carol B	Judy	*Gym/Outside(weather permitting)*	Meghan/Donna	
	Cardio Boot Camp(B)	5:45-6:45pm		
Zumba(B)	5:30-6:25pm	Donna	**Zumba (B)**	**Zumba(B)**
6:30-7:30pm	Meghan	**Zumba (B)**	6:30-7:30pm	6:30-7:30pm
Lisa V.	**Barre Fusion (A)**	6:30-7:30pm	Tom	Tom
Xtreme Boot Camp(A)	6:30-7:25pm	Yomayra/Lisa V.	**Stress Management Yoga(A)**	
6:30-7:30pm	Ali		**& Meditation**	
Donna	**CardioKickbox Fusion(B)**		6:45-8:15pm	
	6:30-7:25pm		Barbara	
Stress Management	Donna	**Vinyasa Yoga(B)**	**Strength and Core(B) It's Back!**	
Yoga(A) 7:30-8:45pm	*please bring own boxing wraps	7:30-8:30pm	7:30-8:30pm	
Barbara	**Yoga Flow with Props(B)**	Marissa	Joanne	
	7:30-8:30pm			
	Mary			

All Classes MUST have 4 or more participants to be taught and 4 or more consistently to remain on the schedule