



Fall Fitness Schedule

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

All classes are 12 and older



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