



Evening Fall Schedule 2017

September 5th-December 31st

All Classes are 13 and older



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nia Fusion(A) 4:30-5:25pm Deb	Pilates (A) 4:30-5:25pm Carol B. Classic Nia(B) 4:30-5:30pm Ferebe	NJ Ballet (A) 4-9pm Cross Training (B) 4:30-5:25pm Meghan	Strength /Toning (B) 4:30-5:25pm Linda Vinyasa Yoga(A) NEW 4:30-5:25pm Alexandra	NJ Ballet (A) 4-9pm Pilates(B) 5:15-6:15pm Carol B
Cardio Sculpt(B) 5:30-6:25pm Joanne	Cardio Body Works(A) 5:30-6:25pm Judy	Pilates(B) 5:30-6:25pm Lisa	Ballet Barre Yo-Lates (A) 5:30-6:30pm Lisa	
Pilates(A) 5:30-6:25pm Carol B	Cardio Boot Camp(B) 5:30-6:25pm Meghan	Xtreme Boot Camp <i>Gym/Outside(weather permitting)</i> 5:45-6:45pm Donna	HIIT Fusion(B) 5:30-6:25pm Meghan	
Zumba(B) 6:30-7:30pm Kristen	Barre Fusion (A) 6:30-7:25pm Ali	Zumba (B) NEW 6:30-7:30pm Joanne/Tammy	Zumba (B) 6:30-7:25pm Tom	Zumba(B) NEW 6:30-7:30pm Tom
Total Body Strength (A) NEW 6:30-7:30pm Susy	CardioKickbox Fusion(B) 6:30-7:25pm Donna		Stress Management Yoga(A) & Meditation 6:45-8:15pm Barbara	
Xtreme Boot Camp(B) 7:30-8:30pm Donna	<i>*please bring own boxing wraps</i>			
Stress Management Yoga(A) 7:30-8:45pm Barbara	Yoga Flow with Props(B) 7:35-8:35pm Mary	Vinyasa Yoga(B) 7:30-8:30pm Marissa	Strength & Core (B) 7:30-8:15pm Joanne	

All classes must have 4 or more to run class and 4 or more consistently to remain on the schedule