



# Winter Fitness Schedule AM-NOON

SCHEDULE EFFECTIVE JANUARY 1- MARCH 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Intense Cardio</b>	<b>Rising Sun Yoga(A)</b>	<b>Pilates(B)</b>	<b>Rising Sun Yoga(A)</b>	<b>Body Sculpt(B)</b>	<b>Yoga(A)</b>	<b>Pilates(A)</b>
<b>Boot Camp (B)</b> 6:30-7:15am Dani <b>NEW</b>	6:00-7:00am Deb	6:15-7:00am Jane	6:00-7:00am Deb	6:15-7:00am Jane	7:15-8:10am Deb, Arlene, Lisa	9:30-10:30am Usha/Donna G.
			<b>Kickboxing(B)</b> 6:15-7:00am Donna		<b>Pilates(A)</b> 8:15-9:00am Audrey <b>NEW</b>	<b>Power Core Yoga(B)</b> 10:30-11:30am Loretta
				<b>Yoga(A)</b> 8:00-9:00am Peggy	<b>NIA(A)</b> 8:15-9:10am Terri D	<b>Belly Dancing(A)</b> 10:30-11:30am Dalia <b>NEW</b>
<b>Lo Impact(B)</b> 8:30-9:25 Carol K		<b>Forever Fit(B)</b> 8:30-9:15am Peggy		<b>Pilates(A)</b> 9:30-10:15am Audrey <b>NEW</b>	<b>Step&amp;Sculpt(B)</b> 9:00-10:00am Week 1: Judy	
<b>Cardio Boot Camp(B)</b> 9:30-10:25am Maria C.	<b>Power Ball (B)</b> 9:15-10:00am Kelly	<b>Pilates(A)</b> 9:30-10:30am Donna G	<b>Power Yoga(A)</b> 9:15-10:15am Romanna	<b>Mini Trampoline</b> 9:15-10:10am Carol	Week 2: Judy Week 3: Judy Week 4: Judy Week 5: Donna	
<b>Pilates(A)</b> 9:25-10:10am Audrey <b>NEW</b>	<b>Yoga(A)</b> 9:15-10:10am Deb	<b>Cardio Sculpt(B)</b> 9:15-10:45am Susy	<b>Zumba(B)</b> 9:05-9:50am Tammy	<b>Aerobics (B)</b> 9:15-10:10am Carol	<b>Zumba(A)</b> 9:15-10:00am	<b>Child Care Hours:</b> Hours & Ages: 8 wks-8 years Mon-Sat. 9am-12pm
<b>Arthritis Foundation</b> <b>Exercise Program</b> (Library-1st floor) 9:30-10:15am Carol K	<b>Treads (Circuit)</b> 9:15-9:50 Terri <b>New Time</b>	<b>Arthritis Foundation</b> <b>Exercise Program</b> (Library-1st floor) 9:30-10:15am Peggy	<b>Just Abs! (B)</b> 10:00-10:30 Donna G <b>NEW</b>	<b>Weight Training(B)</b> 10:15-11:15am Wayne	<b>Belly Dancing(A)</b> 10:15-11:15am Dalia <b>NEW</b>	Week 1: Joanne Week 2: Tammy Week 3: Joanne Week 4: Tammy Week 5: Staff
<b>Vinyasa Yoga(A)</b> 10:15-11:15am Romanna	<b>Turbo Kick(B)</b> 10:00am-10:30am Terri <b>New Day/Time</b>	<b>Cardio Boot Camp(A)</b> 10:30-11:15am Dani <b>NEW</b>	<b>Interval Cardio(A)</b> 10:35-11:05am Donna G <b>NEW</b>		<b>Vinyasa Yoga(B)</b> 10:05-11:05am Romanna	<b>Locations:</b> (A) Aerobic Studio (B) Aerobic Studio Upper Level Upper Level © Aerobic Studio
<b>Pump It!(B)</b> 10:30-11:30am Mel	<b>Weight Training(B)</b> 10:35-11:30am Wayne <b>NEW TIME</b>		<b>Pump It!(B)</b> 10:30-11:30am Mel		<b>Tai Chi/Qi Gong(A)</b> 10:15-11:15am Keith	Upper Level Spin Studio Lower Level Library Lower Level
<b>Lunchhour Yoga(A)</b> 12:15-1:00pm Mary	Kim	<b>Lunchhour Yoga(A)</b> 12:15-1:00pm Mary		<b>Lunchhour Yoga(A)</b> 12:15-1:00pm Mary		
<p><b>Classes must have 5 or more consistently to remain on the schedule</b>  <b>MUST BE 16 YR. OR OLDER TO PARTICIPATE IN ADULT FITNESS CLASSES</b></p>						



# Winter Evening Fitness Schedule

SCHEDULE EFFECTIVE JANUARY 1- MARCH 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cardio Sculpt(B)</b> 5:30-6:25pm Weeks 1&2: Joanne	<b>Pilates(B)</b> 4:45-5:30pm Gaylene <b>NEW</b>	<b>NJ BALLETT(A)</b> 3:30-9:30pm <b>Girls Fit Challenge(B)**</b>	<b>Zumba(B)</b> 4:45-5:30pm Joanne <b>NEW</b>	<b>NJ BALLETT(A)</b> 3:30-9:30pm <b>Youth Jujitsu(B)**</b>
Weeks 3&4: Susy	<b>Step&amp;Sculpt(B)</b> 5:30-6:25pm Judy	4:45-5:30pm <i>Program runs 1/13-3/10</i> Staff	<b>Step &amp; Sculpt(B)</b> 5:30-6:25pm Judy	5:00-6:00pm Cara
<b>Youth Jujitsu©**</b> 5:30-6:30pm Cara	<b>Yoga(A)</b> 5:30-6:30pm Michelle	<b>Mini Trampoline</b> <b>Aerobics(B)</b> 5:30-6:25pm Carol	<b>Boot Camp(A)</b> 5:30-6:30pm Jessica <b>NEW</b>	<b>Jujitsu(B)**</b> 6:30-7:30pm Cara
<b>Pilates(A)</b> 5:30-6:25pm Usha	<b>Zumba(A)</b> 6:35-7:35pm Joanne	<b>Nia(B)</b> 6:30-7:25pm Kim	<b>Weight Training(B)</b> 6:30-7:15pm Wayne <b>NEW</b>	
<b>Turbo Sculpt(A)</b> 6:30-7:15pm Week 1: Kristen M.	<b>Boxing/Kickboxing(B)</b> 6:30-7:30pm Donna	<b>BE A WINNER PROGRAM**</b> 7:30-8:30pm <i>Program runs 1/13-3/31</i> Staff	<b>Stress Management</b> 6:45-8pm Barbara	<u>Locations:</u> <b>(A) Aerobic Studio</b> <b>(B) Aerobic Studio</b>
Week 2: Dani	<b>Tae Kwon Do(B)**</b> 7:30-9:00pm Julie		<b>Yoga(A)</b> 6:30-7:30pm Mel	Upper Level
Weeks 3&4: Susy			<b>Tae Kwon Do(B)**</b> 7:30-9:00pm Julie	© Aerobic Studio
<b>Pump It!(B)</b> 6:30-7:30pm Mel			<b>Jujitsu©**</b> 6:30-7:30pm Cara	Upper Level
<b>Stress Management</b> 7:30-8:45pm Barbara			<b>Learn to Meditate(A)</b> 8:00-8:30pm Barbara	<u>Childcare Hours:</u> 8 wks-10 yrs Evenings: Mon-Thurs 4-7:30 pm

**Classes must have 5 or more consistently to remain on the schedule**  
**MUST BE 16 YR. OR OLDER TO PARTICIPATE IN ADULT FITNESS CLASSES**

**\*\*MEANS CLASSES HAVE A FEE AND/OR REGISTRATION REQUIRED**



# Winter Spin Schedule

SCHEDULE EFFECTIVE JANUARY 1- MARCH 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Spin</b>		<b>Spin</b>	<b>Spin</b>		
<b>Spin NEW TIME</b> 6:30-7:30am	6:15-7:00am Jane		6:15-7:00am Jane	6:15-7:15am Andrew		
Jim	<b>Spin</b> 8:00-9:00am Mary	<b>Spin</b> 8:30-9:15am Mel			<b>Spin</b> 8:00-9:00am Eric W	
<b>Spin</b> 9:30-10:15am Kelly S.	<b>Spin</b> 9:30-10:15am Kim	<b>Spin</b> 9:30-10:15am Maria	<b>Spin</b> 9:30-10:15am Mel	<b>Spin</b> 9:30-10:15am Kelly S./Christine	<b>Spin</b> 9:10-10:00am Christine	<b>Spin</b> 9:15-10:15am Kim/Loretta
	<i>Easy Rider Spin</i> 11:40am-12:10pm Wayne <b>New Time</b>			<i>Easy Rider Spin</i> 11:30am-12:00pm Carol <b>NEW TIME</b>	<b>Spin NEW</b> 10:30-11:15am Robin, Sandy	
	<b>Spin</b> 12:15-1:00pm Loretta	<b>Spin</b> 12:15-1:00pm Mary	<b>Spin</b> 12:15-1:00pm Loretta			
	<b>NEW DAY/Time</b>	<b>NEW</b>	<b>NEW DAY/Time</b>			<b>Child Care Hours:</b>
<b>Spin</b> 4:30-5:15pm Mary			<b>Spin</b> 4:30-5:15pm Maria L. <b>NEW</b>			<b>Hours &amp; Ages:</b> 8 wks-8 years Mon-Sat. 9am-12pm
<b>Spin</b> 6:30-7:15pm Ron/Mark	<b>Spin</b> 6:30-7:15pm Jim	<b>Spin</b> 6:30-7:15pm Kelly S.	<b>Spin</b> 6:30-7:15pm Christine /Mark	<b>Spin</b> 6:00-6:45pm Kim, Audrey Loretta, Betty		8 wks-10 yrs <b>Evenings:</b> Mon-Thurs. 4-7:30 pm
<b>MUST BE 16 YR OR OLDER TO PARTICIPATE IN ADULT SPIN CLASSES</b>						

