



# Fall Fitness Schedule Early AM-NOON

Fitness Schedule will run 8/30-12/31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TOTAL Body Conditioning(B)</b> 6:30-7:15am Dani	<b>Rising Sun Yoga(A)</b> 6:00-7:00am Deb <b>Early AM **</b> <b>Boot Camp (GYM)</b> 6:15-7:15am Dani <i>fee and reg. required</i> <i>Begins Oct</i>	<b>Pilates(B)</b> 6:15-7:00am Jane	<b>Rising Sun Yoga(A)</b> 6:00-7:00am Deb <b>Kickboxing(B)</b> 6:15-7:00am Donna <i>class begins 9/9</i> <b>Early AM **</b> <b>Boot Camp (GYM)</b> 6:15-7:15am Sandy <i>Begins Oct.</i> <i>fee and reg. required</i>	<b>Body Sculpt(B)</b> 6:15-7:00am Jane <b>Yoga(A)</b> 8:00-9:00am Peggy	<b>Vinyasa Yoga(A)</b> 7:15-8:10am Alejandra <b>NEW</b> <b>Pilates(B)</b> 8:15-9:00am Audrey <b>NIA(A)</b> 8:15-9:10am Terri D <b>Step&amp;Sculpt(B)</b> 9:00-10:00am Weeks 1,3&5:Judy Weeks 2 & 4:Donna	<b>Pilates(A)</b> 9:30-10:30am Usha/Donna G. <b>Power Core Yoga(B)</b> 10:30-11:30am Loretta <i>class begins 9/12</i> <b>Zumba(A)</b> 10:30-11:30 Kristen
<b>Lo Impact(A)</b> 8:30-9:15am Carol K. <b>IT's BACK</b>	<b>Sun Tai Chi(A)</b> 8:30-9:10am Kate <b>New Day</b> <i>Tai Chi Starts 9/7</i>	<b>Forever Fit(B)</b> 8:30-9:15am Peggy	<b>Ballet Bar Toning (A)</b> 8:00-9:00am Carlyn	<b>Lo Impact (B)</b> 8:30-9:10am Janet T. <b>IT's BACK</b>	<b>Zumba(A)</b> 9:15-10:00am Joanne/Tammy	
<b>Cardio Boot Camp(B)</b> 9:15-10:15am Maria C.	<b>Power Ball (B)</b> 9:15-10:00am Kelly	<b>Pilates(A)</b> 9:30-10:30am Donna G	<b>Zumba(A)</b> 9:05-9:55am Tammy	<b>Mini Trampoline Aerobics (B)</b> 9:15-10:10am Carol	<b>Vinyasa Yoga(B)</b> 10:05-11:05am Romanna	<b>Child Care Hours:</b> <b>Hours &amp; Ages:</b> 8 wks-8 years Mon-Sat. 9am-12pm
<b>Gentle Pilates(A)</b> 9:25-10:10am Audrey	<b>Yoga(A)</b> 9:15-10:10am Deb	<b>Cardio Sculpt(B)</b> 9:15-10:45am Susy	<b>Power Yoga(B)</b> 9:15-10:15am Romanna	<b>Intermediate Pilates(A)</b> 9:30-10:15am Audrey	<b>Tai Chi/Qi Gong(A)</b> 10:15-11:15am Keith	<b>Locations:</b> <b>(A) Aerobic Studio</b> Upper Level <b>(B) Aerobic Studio</b> Upper Level <b>© Aerobic Studio</b> Upper Level <b>Spin Studio</b>
<b>Arthritis Foundation Exercise Program</b> <i>(Library-1st floor)</i> 9:30-10:15am Carol K.	<b>Yogalates(A) NEW</b> 10:15-11:15am Gaylene	<b>Exercise Program</b> <i>(Library-1st floor)</i> 9:30-10:15am Peggy	<b>Interval Cardio (A)</b> 10:00-11:00am Donna G	<b>Weight Training(B)</b> 10:15-11:15am Wayne		
<b>Vinyasa Yoga(A)</b> 10:15-11:15am Romanna	<b>Weight Training(B)</b> 10:15-11:15am Wayne	<b>R.I.P.P.E.D(A) NEW</b> 10:30-11:15am Sandy/Ali	<b>Pump It!(B)</b> 10:30-11:30am Mel	<b>Ballet Bar Toning (A)</b> 10:15-11:00am Donna		
<b>Pump It!(B)</b> 10:30-11:30am Mel				<b>NIA (A) NEW DAY</b> 11:05am-12:05pm Kim		
<b>Easy Flow Yoga(A)</b> 12:15-1:00pm Mary	<b>Boot Camp (B)NEW</b> 12:15-1:00pm Dani/Sandy	<b>Easy Flow Yoga(A)</b> 12:15-1:00pm Mary		<b>Easy Flow Yoga(A)</b> 12:15-1:00pm Mary		
<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>						



# Evening Fall Fitness Schedule

## Fall Fitness Schedule will run 8/30-12/31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cardio Sculpt(B)</b> 5:30-6:25pm Weeks 1&2: Joanne Weeks 3&4: Susy	<b>Zumba(A)</b> <b>4:30-5:30pm</b> <i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i>	<b>NJ BALLET(A)</b> 3:30-9:30pm <b>Girls Fit Progarm(Circuit//C)**</b> 4:45-5:30pm	<b>Zumba(B)</b> 4:40-5:25pm <i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i>	<b>NJ BALLET(A)</b> 3:30-9:30pm <b>Pilates(B) NEW</b> 5:15-6:00pm
<b>Pilates(A)</b> 5:30-6:25pm Usha	Kristen <b>Step&amp;Sculpt(B)</b> 5:30-6:25pm	Fitness Staff <b>Step Challenge</b> 4:45-5:25pm	Joanne <b>Step &amp; Sculpt(B)</b> 5:30-6:25pm	Donna G <b>Youth Jujitsu©**</b> 5:00-6:00pm
<b>Zumba(A)</b> 6:30-7:25pm Kristen	Judy <b>Boot Camp(A) NEW DAY</b> 5:30-6:30pm	<i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i> Donna <b>class begins 9/8</b>	Judy <b>Vinyasa Yoga(A) NEW DAY</b> 5:30-6:25pm	Cara <b>Adult Jujitsu(C)**</b> 6:00-7:00pm
<b>Power and Strength Training(B) NEW</b> 6:30-7:30pm Dani	Jessica D <b>Zumba(A)</b> 6:30-7:25pm Joanne	<b>Mini Trampoline Aerobics(B)</b> 5:30-6:25pm Carol <i>*this class is for ages 12and up</i>	Jessica S. <b>Power and Strength Training(B) NEW</b> 6:30-7:30pm Dani	Cara <b>Locations:</b> <b>(A) Aerobic Studio</b> Upper Level <b>(B) Aerobic Studio</b> Upper Level <b>© Aerobic Studio</b> Upper Level
<b>Stress Management Yoga(A) 7:30-8:45pm</b> Barbara	<b>Boxing/Kickboxing(B)</b> <i>*heavy bag &amp; gloves used</i> 6:30-7:30pm	<b>Nia(B)</b> 6:30-7:30pm <i>*this class is for ages 12and up</i>	<b>Stress Management Yoga(A)</b> 6:45-8pm Barbara	<b>© Aerobic Studio</b> Upper Level <b>Childcare Hours:</b> 8 wks-10 yrs <b>Evenings:</b> <b>Mon-Thurs</b> <b>4-7:30 pm</b>
<b>Be A Winner By Being The Biggest Loser(B)**</b> 7:30-8:30pm Fitness Staff	Donna <b>class begins 9/7</b> <b>Ballet Bar Toning (A)</b> 7:30-8:30pm Carlyn <b>Tae Kwon Do(B)**</b> 7:30-9:00pm Julie	<i>AGES 12-15 MUST be with Adult</i> Kim <b>Power Yoga(B)</b> 7:30-8:30pm Jessica S.	<b>Tae Kwon Do(B)**</b> 7:30-9:00pm Julie <b>Meditate Away Your Stress (A)</b> 8:00-8:30pm Barbara	
<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> <b>**MEANS CLASSES HAVE A FEE AND/OR REGISTRATION REQUIRED</b>				



# Fall Spin Schedule

## Fall Spin Schedule will run 8/30-12/31

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

