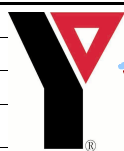




# Summer Fitness Schedule AM-NOON

SUMMER SCHEDULE WILL BEGIN ON 7/1 AND WILL END ON 8/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TOTAL Body Conditioning(B)</b> 6:30-7:15am Dani <b>NEW</b>	<b>Rising Sun Yoga(A)</b> 6:00-7:00am Deb	<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 <b>*CLASS RUNS 7/1-7/31</b>	<b>Body Sculpt(B)</b> 6:15-7:00am Jane <b>Yoga(A)</b> 8:00-9:00am Peggy <b>Mini Trampoline</b>	<b>Pilates(A)</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 Judy/Donna <b>Zumba(A)</b> 9:15-10:00am Joanne/Tammy	<b>Pilates(A)</b> 9:30-10:30am Usha/Donna G. <b>Power Core Yoga(B)</b> 10:30-11:30am Loretta <b>Zumba(A)</b> 10:30-11:30 Kristen <b>NEW</b> <i>Starts 7/11</i>
<b>Sun Tai Chi(A)</b> 8:30-9:15am Kate <b>New Day/Time</b>	<b>Power Ball (B)</b> 9:15-10:00am Kelly	<b>Forever Fit(B)</b> 8:30-9:15am Peggy	<b>Toning (A)</b> 8:00-9:00am Carlyn	<b>Aerobics (B)</b> 9:15-10:10am Carol	<b>Vinyasa Yoga(B)</b> 10:05-11:05am Romanna	<b>Tai Chi/Qi Gong(A)</b> 10:15-11:15am Keith
<b>Cardio Boot Camp(B)</b> 9:15-10:15am Maria C.	<b>Yoga(A)</b> 9:15-10:10am Deb	<b>Pilates(A)</b> 9:30-10:30am Donna G	<b>Zumba(A)</b> 9:05-9:55am Tammy	<b>Intermediate Pilates(A)</b> 9:30-10:15am Audrey	<b>Arthritis Foundation Exercise Program</b> (Library-1st floor) 9:30-10:15am Chris W.	<b>Child Care Hours:</b> Hours & Ages: 8 wks-8 years Mon-Sat. 9am-12pm <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>Gentle Pilates(A)</b> 9:25-10:10am Audrey	<b>Pilates (C )</b> 10:15-11:15am Gaylene	<b>Cardio Sculpt(B)</b> 9:15-10:45am Susy	<b>Interval Cardio (A) &amp;Abs and Toning!</b> 10:00-11:00am Donna G	<b>Weight Training(B)</b> 10:15-11:15am Wayne	<b>Ballet Bar Toning (A)</b> 10:15-11:00am Donna <b>NEW</b>	
<b>Arthritis Foundation Exercise Program</b> (Library-1st floor) 9:30-10:15am Chris W.	<b>Weight Training(B)</b> 10:15-11:15am Wayne	<b>Arthritis Foundation Exercise Program</b> (Library-1st floor) 9:30-10:15am Peggy	<b>Pump It!(B)</b> 10:30-11:30am Mel			
<b>Vinyasa Yoga(A)</b> 10:15-11:15am Romanna	<b>Bike and Box(A)</b> 10:15-10:45am Audrey <b>It's Back</b>					
<b>Pump It!(B)</b> 10:30-11:30am Mel	<b>Spin portion</b> 9:30-9:55am					
<b>Easy Flow Yoga(A)</b> 12:15-1:00pm Mary		<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>						



# Summer Evening Fitness Schedule

SUMMER SCHEDULE WILL BEGIN ON 7/1 AND WILL END ON 8/20

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>Step Challenge(B)</b> 4:45-5:25pm <i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i>	<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>Jujitsu(B)**</b> 7:00-8:00pm
<b>Pilates(A)</b> 5:30-6:25pm Usha	Kristen <b>NEW</b> <b>Step&amp;Sculpt(B)</b> 5:30-6:25pm	<i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i> Donna	Joanne <b>Step &amp; Sculpt(B)</b> 5:30-6:25pm	Cara <b>new time</b>
<b>Zumba(A)</b> 6:30-7:25pm Kristen <b>NEW</b>	Judy <b>Yoga(A)</b> 5:30-6:25pm	<b>Step C.= CLASS RUNS 7/7-7/28</b> <b>Mini Trampoline Aerobics(B)</b> 5:30-6:25pm	Judy <b>Boot Camp(A)</b> 5:30-6:30pm	
<b>Pump It!(B)</b> 6:30-7:30pm Dani	Alejandra <b>Zumba(A)</b> 6:30-7:25pm	Carol <i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i>	Jessica <b>Pilates(B)</b> 6:30-7:25pm	<u>Locations:</u> <b>(A) Aerobic Studio</b>
<b>Stress Management</b> <b>Yoga(A) 7:30-8:45pm</b> Barbara	Joanne <b>Boxing/Kickboxing(B)</b> <i>*heavy bag &amp; gloves used</i> 6:30-7:30pm Donna	<b>Nia(B)</b> 6:30-7:30pm <i>*this class is for ages 12and up</i> <i>AGES 12-15 MUST be with Adult</i> Kim	Donna <b>NEW</b> <b>Stress Management</b> <b>Yoga(A)</b> 6:45-8pm Barbara	<b>(B) Aerobic Studio</b> Upper Level © Aerobic Studio
	<b>Ballet Bar Toning (A)</b> 7:30-8:30pm Carlyn <b>NEW</b>	<b>Power Yoga(B)</b> 7:30-8:30pm Jessica S. <b>NEW</b>	<b>Tae Kwon Do(B)**</b> 7:30-9:00pm Julie	Upper Level <u>Childcare Hours:</u> <b>8 wks-10 yrs</b>
	<b>Tae Kwon Do(B)**</b> 7:30-9:00pm Julie		<b>Meditate Away</b> <b>Your Stress (A)</b> 8:00-8:30pm Barbara	<u>Evenings:</u> <b>Mon-Thurs</b> <b>4-7:30 pm</b>
<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>				



# Summer Spin Schedule

SUMMER SCHEDULE WILL BEGIN ON 7/1 AND WILL END ON 8/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Spin</b>		<b>Spin</b>			
<b>Spin</b> 6:30-7:30am	6:15-7:00am Jane		6:15-7:00am Jane			
Jim	<b>Spin</b> 7:30-8:30am	<b>Spin</b> 8:30-9:15am			<b>Spin</b> 8:00-9:00am	
	Mary <b>NEW TIME</b>	Christine			Eric W	
					<b>Spin</b>	<b>Spin</b>
<b>Spin</b> 9:30-10:15am	<b>Bike and Box Spin</b> 9:45-10:10		<b>Spin</b> 9:30-10:15am	<b>Spin</b> 9:30-10:15am	9:10-10:00am Mary/Kelly	9:15-10:15am Loretta
Kelly	Audrey <b>It's back!</b>	9:45-10:30	Mel	Kelly/Robin		
	<b>Box portion</b>	Maria <b>NEW TIME</b>				
	<b>Studio A at 10:15am</b>					
	<b>Easy Rider Spin</b>			<b>Easy Rider Spin</b>		
<b>Spin</b> 12:10-1:00pm	11:30am-12:00pm Wayne		<b>Spin</b> 12:10-1:00pm	11:30am-12:00pm Carol		
Loretta			Loretta			
						<b>Child Care Hours:</b>
						<b>Hours &amp; Ages:</b>
<b>Spin</b> 4:30-5:15pm			<b>Spin</b> 4:30-5:15pm			<b>8 wks-8 years</b>
Mary			Maria L			<b>Mon-Sat. 9am-12pm</b>
						<b>8 wks-10 yrs</b>
<b>Spin</b> 6:30-7:15pm	<b>Spin</b> 6:30-7:15pm	<b>Spin</b> 6:30-7:15pm	<b>Spin</b> 6:30-7:15pm			<b>Evenings:</b>
Ron/Mark	Jim	Kelly	Robin/Mark			<b>Mon-Thurs.</b>
	<b>MUST BE 16 YR OR OLDER TO PARTICIPATE IN ADULT SPIN CLASSES</b>					
						<b>4-7:30 pm</b>

