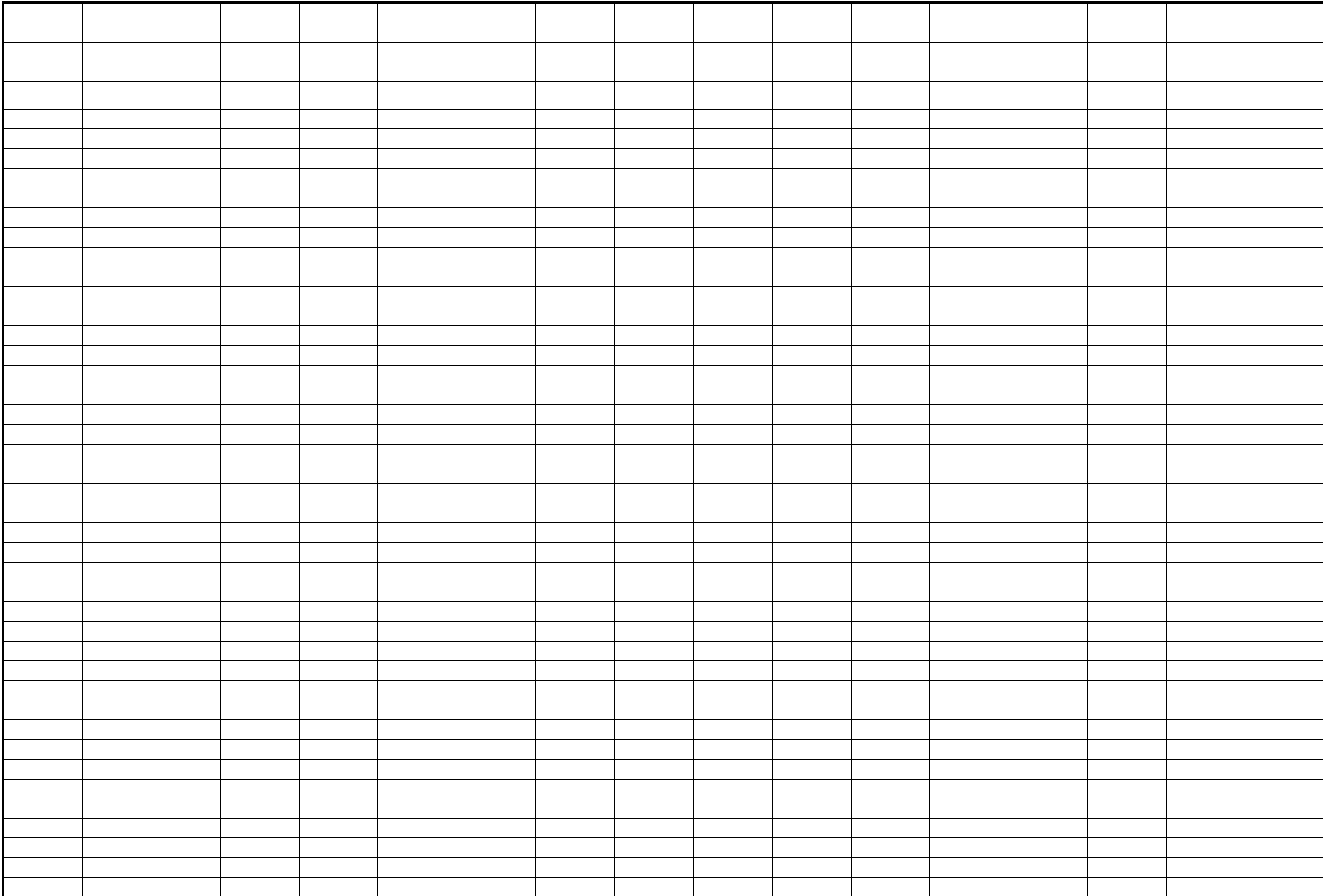


 <h1 style="text-align: center;">Winter AM Schedule</h1> <h2 style="text-align: center;">Schedule Begins 1/2 and Ends 3/31</h2>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CardioVusion(A) <i>The V-Method®</i> 6:15-7:15am Lynn NEW <i>*Vusion will start 1/16</i>	Rising Sun Yoga(A) 6:00-7:00am Deb	Pilates(A) 6:15-7:00am Jane	Rising Sun Yoga(A) 6:00-7:00am Deb	Body Sculpt(B) 6:15-7:00am Jane	Yin Yang Yin Yoga With Weights(B) 7:30 -9:00am Alejandra NEW	Step & Sculpt(B) 9:15-10:15am Rhonda New Time
	Early AM ** 6 Week Boot Camp (GYM) 6:15-7:15am			Early AM ** 6 Week Boot Camp (GYM) 6:15-7:15am	Pilates(A) 8:15-9:10am	Pilates(A) 9:30-10:30am Lisa F/Jodi
52 Moves Workout(B) 8:10-9:10am Kim NEW	Dani <i>fee and reg. required</i> <i>B camp Session 1:1/3-2/9</i>	Lo Impact (B) 8:15-9:10am Janet		Dani <i>fee and reg. required</i> <i>B camp Session 1:1/3-2/9</i>	Lisa Step Aerobics/Toning(B)	POWER Core Yoga(B) 10:30-11:45am
Lo Impact(A) 8:30-9:15am Carol K.	Ballet Barlates(A) NEW <i>combo ballet bar / pilates</i> 8:15-9:10am	Pilates(A) 8:45-9:30am Jodi NEW		Yoga(A) 8:00-9:00am Peggy	Judy/Donna B. Zumba(A) 9:15-10:10am	Loretta Zumba(A) 10:30-11:30
Cardio Interval (B) 9:15-10:15am Maria C.	Natasha Power Ball & Core Conditioning(B)	Ballet Bar Toning (A) 9:30-10:25am Donna	Zumba/Toning(A) 9:15-10:00am	Lo Impact (B) 8:15-9:10am Janet T.	Joanne/Tara/Tammy Vinyasa Yoga(A) 10:15-11:15am	
Pilates(A) 9:25-10:10am Samantha	9:15-10:10am Yoga(A)	Hip Hop Hustle/Abs(B) 9:30-10:15am Samantha	Tammy Power Yoga(B) 9:15-10:15am	CardioKick&Toning(B) 9:15-10:10am Jodi	Romanna/Jessica Xtreme Boot Camp(B) 10:10-11:10am	
Arthritis Foundation Exercise Program <i>(Library-1st floor)</i> 9:30-10:15am Carol K.	9:15-10:10am Deb 30-20-10 QuickBurn(A) <i>(Library-1st floor)</i> Cardio/Pilates/Weights	Arthritis Foundation Exercise Program <i>(Library-1st floor)</i> 9:30-10:15am Peggy	Jessica S Pilates (A) <i>(Library-1st floor)</i> 10:00-11:00am Jodi	Hip Hop Hustle/Abs(A) 9:30-10:10am Samantha	Meghan/Donna BellyDancing(A) NEW 11:30am-12:15pm Dalia	
Vinyasa Yoga(A) 10:15-11:15am Jessica S.	Samantha Weight Training(B) 10:15-11:15am	Yoga W/ Weights(A) 10:30-11:30am Alejandra	Triple Threat(B)NEW <i>Cardio, Strength, Core Training</i> 10:30-11:30am Dorothy	Arthritis (Library-1st floor) 9:30-10:15am Kate	Ballet Bar Toning (A) 10:15-11:15am Natasha	Childcare Hours: 8 wks-10 yrs Mon-Sat. 9am-12pm Mon-Th 4pm-7:30pm
CardioKick&Toning(B) 10:30-11:30am Rhonda NEW	Wayne	CardioStep,Strength and Sculpt(B) 10:20-11:40am Susy	Silver Pilates(A) <i>*beginners welcome</i> 11:05-12:00pm Marian	Weight Training(B) 10:15-11:15am Wayne	Peter Smith School of Irish Dance Rental 9:30-11:30am Studio C 11:30am-1:30pm Studio B	Locations: Aerobic Studios Upper Level Spin Studio Lower Level
Easy Flow Yoga(B) 12:15-1:00pm Mary	MultiLevel Yoga(A) 12:00-12:45pm NEW TIME Kate <i>*time change starts 2/7</i>	Easy Flow Yoga(B) 12:15-1:00pm Mary		Easy Flow Yoga(B) 12:15-1:00pm Mary		
Classes MUST have 5 or more participants CONSISTENTLY to remain on the Fitness Schedule						
PARTICIPANTS MUST BE 16 OR OLDER TO PARTICIPATE IN ADULT CLASSES						





Winter PM Schedule

Schedule Begins 1/2 and Ends 3/31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FLOW FUSION(B) NEW	Pilates(B)	NJ BALLET(A)		NJ BALLET(A)
<i>Cardio Nia & Yoga</i>	4:30-5:25pm	4:00-9:00pm		4:00-9:00pm
4:30-5:25pm	Carol B			
Deb	Step Aerobics/Toning(B)	Step Challenge(B)	Step Aerobics/Toning(B)	
<i>Flow Fusion starts 1/9</i>	5:30-6:25pm	4:45-5:25pm	5:30-6:25pm	
	Judy	Donna B	Judy	Boys Skills
	Cardio Boot Camp(A)	<i>*this step class is for ages 12and up</i>	Vinyasa Yoga(A)	&Drills(Circuit/Gym)**
	5:30-6:25pm	AGES 12-15 MUST be with Adult	5:30-6:30pm	4:30-5:15pm
	Meghan		Jessica S.	Bryan W/Jeysson
Cardio Sculpt(B)	Zumba(A)		CardioFusion(B)	
5:30-6:25pm	6:30-7:25pm	Pilates(B)	<i>cardio,strength w/zumba flava!</i>	
Joanne	Joanne	5:30-6:25pm	6:30-7:25pm	Pilates(B)
Pilates(A)	Boxing/Kickboxing(B)	Natasha	Joanne	5:15-6:15pm
5:30-6:25pm	<i>*heavy bag & gloves used</i>		Stress Management	Carol B
Carol B	6:30-7:30pm		Yoga(A) 6:45-8:00pm	
Zumba(B)	Donna		Barbara	
6:30-7:30pm	Hard "Core" Toning(B)	Nia(B)		NIA (B) NEW
Tara	7:30-8:30pm	6:30-7:30pm		6:30-7:30pm
Cardio PUMP!(A)	Dorothy NEW	Kim		Ferebe/Teresa
<i>low impact,high energy</i>	Tae Kwon Do(B)**	<i>*this NIA class is for ages 12and up</i>		<i>*this NIA class is for ages 12and up</i>
<i>with light weights</i>	7:30-9:00pm	AGES 12-15 MUST be with Adult		AGES 12-15 MUST be with Adult
6:30-7:15pm	Julie <i>program runs 1/3-3/29</i>			
Donna B				
Stress Management		Power Yoga(B)		Childcare Hours:
Yoga(A) 7:30-8:45pm		7:30-8:45pm		8 wks-10 yrs
Barbara		Jessica S.		Mon-Th 4pm-7:30pm
Xtreme Boot Camp(GYM)		Zumba (C)	Tae Kwon Do(B)**	Locations:
7:30-8:30pm		7:30-8:30pm	7:30-9:00pm	Aerobic Studios
Donna		Tara	Julie <i>program runs 1/3-3/29</i>	<i>Upper Level</i>
	MUST BE 16 YR. OR OLDER TO PARTICIPATE IN ADULT FITNESS CLASSES			Spin Studio
	**MEANS CLASSES HAVE A FEE AND/OR REGISTRATION REQUIRED			<i>Lower Level</i>



Winter Spin Schedule

Schedule Begins 1/2 and Ends 3/31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:30-7:30am Jim	Spin 6:15-7:00am Jane		Spin 6:15-7:00am Jane	Spin 6:15-7:15am Andrew	Spin 8:00-9:00am Eric W./Rus	
		Spin 8:00-8:45 Rus			Spin 9:10-10:00am Sandy/Valerie	Spin 9:15-10:15am Loretta
Spin 9:30-10:15am Kelly	Spin 9:30-10:15am Robin		Spin 9:30-10:15am Robin	Spin 9:30-10:15am Kelly		Spin NEW 10:30-11:15am Meghan
	<i>Easy Rider Spin</i> <i>great for new riders</i> 11:30am-12:00pm Wayne			<i>Easy Rider Spin</i> <i>great for new riders</i> <i>*All levels Welcome</i> 11:20am-12:00pm Carol		
Spin 12:15-1:00pm Loretta		Spin 12:15-1:00pm Loretta				
		Spin 4:30-5:15pm Maria L	<i>Easy Rider Spin</i> <i>great for new riders</i> 5:30-6:15pm Carol	Spin 5:30-6:15pm Valerie/Meghan	Spin NEW 4:00-4:45pm Meghan/Rus	
Spin 6:30-7:15pm Ron/Mark	Spin 6:30-7:15pm Jim	Spin 6:30-7:15pm Kelly	Spin 6:30-7:15pm Rus			Spin Studio Lower Level
MUST BE 16 YR OR OLDER TO PARTICIPATE IN ADULT SPIN CLASSES Classes MUST have 5 or more participants CONSISTANTLY to remain on the Fitness Schedule						



Winter Circuit Schedule

Schedule Begins 1/2 and Ends 3/31

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Intense Cardio
Circuit

9:30-10:15am

Mel

Ladies Circuit

9:30-10:15am

Mel

Ladies Circuit

10:30-11:30am

Mel

Healthy Heart Program

12:00-1:30pm **

Jim

Healthy Heart Program

12:00-1:30pm **

Jim

Dryland Training

For Swim Team

5:00-6:30pm

Swim Staff