

CLASS SCHEDULE January 1st - May 31st 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Indoor Cycling 6-6:50am w/ Meredith		Beginner Project Pilates Mat 6-6:55am w/Dorela	Indoor Cycling 6-6:50am w/ Vidisha			
7am		Kettlebell Burn 6:30-7:25am w/ Bethany					
8am						Indoor Cycling 8-8:50am w/ Vidisha	TRIATHALON Water Bootcamp 8-8:50am w/ Gabby
9am	Beginner Pilates Mat 9-9:55am w/ Hanh	Water Bootcamp 9:15-10:15am w/ Gabby	Hatha/ Vinyasa Yoga 9-9:55am w/ Alana	Intermediate Project Pilates Mat 9-9:55am w/ Caitlyn	Kettlebell Basics 9-9:55am w/ Sebj	Beginner Pilates Based Movement 9-9:55am w/ Christie	Vinyasa Yoga 9-9:55am w/ Daba
10am			Vinyasa Yoga 10:05-11:05am w/ Gilli	IntenSati 10-1055am w/Sarah G		Beginner Pilates Mat 10-10:55am w/ Morgan	Pre-Natal Pilates 10-10:55am w/ Sarah
11am					Vinyasa Yoga 11:15-12:15pm w/ Gilli	IntenSati 11-11:55am w/ Sarah G	Indoor Cycling 11:05-11:55am w/Dawn
12pm	Power Yoga 12:15-1:15pm w/ Daba	Indoor Cycling 12-1pm w/ Gabi	Cardio Bootcamp 12:15-1:15pm w/ Adam	Cardio Sculpt 12-1pm w/ Gabi			Intermediate Project Pilates Mat 12-12:55pm w/ Sarah S
1pm							
2pm	Cardio Bootcamp 1:20-2:20pm w/ Adam						
3pm							Pilates Kettlebell 2-3pm w/ Melissa
4pm							Beginner Pilates Mat Basics for Beginners 3-5pm February 5th
5pm							YOGA FOR BEGINNERS 5:15-6:15pm w/ Alana
6pm	Beginner Pilates Based Movement 6-6:45pm w/Dorela		Int/Adv Pilates Mat 6-6:55pm W/ Sarah S	Power Yoga 6-6:55pm w/ Daba			Hatha/ Vinyasa Yoga 6:30-7:30pm w/ Alana
7pm	IntenSati 6:50-7:45 w/Sarah G	Kettlebell Cardio 6:30-7:25pm w/ Sebj	Indoor Cycling 7:10-7:55pm w/ Dawn	Intermediate Pilates Fit Ball 7-7:55pm w/ Morgan	Kettlebell Strength 6:30-7:25pm w/ Sebj		
8pm	Indoor Cycling 7:50-8:40pm w/Sebj	Jump Rope w/Sebj 7:30-8	Hatha/ Vinyasa Yoga 8:05-9:05pm w/ Alana	Water Bootcamp 7:30-8:25pm w/ Gabby	Spintervals (Indoor Cycling) 8-9pm w/ Sebj	IntenSati 7:30-8:30pm w/ Sarah G	
9pm	Core Kettlebell 8:45-9:30pm w/ Jason	Pre Natal Yoga 8:05-9 w/ Sue		Post-Natal Pilates 8-8:55pm w/ Sarah			
10pm							

CST
CONDITIONING STRENGTH TONING

SMALL GROUP PERSONAL TRAINING
New Dates TBA

BY REGISTRATION

8 WEEKS MEETS 1x A WEEK

Member: \$200 = \$25 CLASS
Non-Member: \$240 = \$30 CLASS

SPACE LIMITED TO 4

Call to Register!
201-714-7600
Mix and match, take two!

Jungle Gym (CHILDRENS ROOM)

Let us watch your child while you work out!

MORNING
7 DAYS A WEEK
8:45-1:15 pm

EVENING
MONDAY THRU THURSDAY
4-7:00 pm

****Closed Friday evenings****

Please note:
All Pilates classes have been designated a level