

RESERVATIONS FOR CLASSES ARE REQUIRED AS SPACE IS LIMITED. RESERVATIONS MAY BE CANCELED WITHIN 1 HOUR OF CLASS START TO AVOID A \$5 NO-SHOW CHARGE.

201-282-5225 EFFECTIVE JULY 29 2024

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|
| | | | | | |
| 8:30AM BODY BLAST EILEEN T GROUP FITNESS STUDIO | 8:30AM HALO SCULPT SEEMA B GROUP FITNESS STUDIO | 8:30AM STACKED MIKKI M GROUP FITNESS STUDIO | 8:30AM MAX STRENGTH MICHELE K GROUP FITNESS STUDIO | 8:30AM TOTAL BODY PUMP MICHELE K GROUP FITNESSSTUDIO | 8:30AM CYCLE PATRICK M CYCLE STUDIO |
| 9:30AM FLOW & RESTORE YOGA SHARON J MIND BODY STUDIO | 9:30AM CYCLE MICHELE K CYCLE STUDIO | 9:30AM CORE & RESTORE YOGA SHARON J GROUP FITNESS STUDIO | 9:30AM CARDIO KICK CIRCUIT MICHELE K GROUP FITNESS STUDIO | 9:30AM CYCLE MICHELE K CYCLE STUDIO | 9:30AM BURN PATRICK M GROUP FITNESS STUDIO |
| 9:30AM ZUMBA REED D GROUP FITNESS STUDIO | 9:30AM SCULPT & BURN MICHELLE KAZZ GROUP FITNESS STUDIO | | | 9:30AM CARDIO SCULPT ALLY G GROUP FITNESS STUDIO | |
| | | | | | 10:30AM YOGA FLOW MIKKI M MIND BODY STUDIO |
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| 5:45PM CYCLE CHAD D CYCLE STUDIO | | 5:45PM CYCLE SUSANNAH B CYCLE STUDIO | | | |
| 6:00PM CIRCUIT FIT MIKKI M GROUP FITNESS STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO STUDIO | 6:00PM TOTAL BODY PUMP EILEEN T GROUP FITNESS STUDIO | | | | |
| 6:30PM H2O FIT BRITTANY POOL | 6:30PM RESTORATIVE YOGA SHARON J MIND BODY STUDIO | 6:30PM H2O FIT SUSANNAH B POOL | | | |
| | 8:30AM BODY BLAST EILEEN T GROUP FITNESS STUDIO 9:30AM FLOW & RESTORE YOGA SHARON J MIND BODY STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 5:45PM CYCLE CHAD D CYCLE STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO | 8:30AM BODY BLAST EILEEN T GROUP FITNESS STUDIO 9:30AM FLOW & RESTORE YOGA SHARON J MIND BODY STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 5:45PM CYCLE CHAD D CYCLE CHAD D CYCLE STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO 6:30PM H20 FIT BRITTANY 6:30PM RESTORATIVE YOGA SHARON J | 8:30AM BODY BLAST EILEEN T GROUP FITNESS STUDIO 9:30AM FLOW & RESTORE YOGA SHARON J MIND BODY STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 5:45PM CYCLE STUDIO 5:45PM CYCLE CHAD D CYCLE STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO 6:30PM H2O FIT BRITTANY 8:30AM STACKED MIKIKI M GROUP FITNESS STUDIO 9:30AM CORE & RESTORE YOGA SHARON J STUDIO 9:30AM CORE & REST | 8:30AM BODY BLAST EILEEN T GROUP FITNESS STUDIO 9:30AM FLOW & RESTORE YOGA SHARON J MIND BODY STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 5:45PM CYCLE CHAD D CYCLE STUDIO 5:45PM CYCLE CHAD D CYCLE STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO 5:45PM CYCLE SUSANNAH B CYCLE STUDIO 6:30PM RESTORE YOGA SHARON J S | B:30AM BODY BLAST ELEER T GROUP FITNESS STUDIO 9:30AM FLOW A RESTORE YOGA SHARON J MIND BODY STUDIO 9:30AM ZUMBA REED D GROUP FITNESS STUDIO 5:45PM CYCLE SUSANNAH B CYCLE SUSANNAH B CYCLE STUDIO 5:45PM CYCLE SUSANNAH B CYCLE STUDIO 6:00PM SCULPT ALLY G GROUP FITNESS STUDIO 6:30PM HZD FITNESS STUDIO 6:30PM HZD FITNESS STUDIO 8:30AM MX STERNOTH MICHELE K GROUP FITNESS STUDIO 9:30AM CYCLE GROUP FITNESS STUDIO 5:45PM CYCLE SUSANNAH B CYCLE SUSANNAH B CYCLE STUDIO 6:30PM HZD FITNESS STUDIO 8:30PM HZD FITNESS SUSANNAH B SOAM MX STERNOTH MCHELE K GROUP FITNESS STUDIO 9:30AM CYCLE CIRCUIT MICHELE K CYCLE STUDIO 6:30PM HZD FITNESS STUDIO 8:30PM HZD |