

2011 Class Schedule

Monday	Tuesday	Wed	Thurs	Friday	Saturday
9:30-10 am Lower Body Burn (Joy)	9:30-10 am Core Blast (Joy)	9:30-10 am Total body Train (Joy)	9:30-10 am Core Blast (Joy)	9:30-10 am Lower Body Burn (Joy)	9:15-10:15 am Step & Sculpt (Joy)
12:15-1pm Step Interval (APress)			10-10:45am Spin (APress)	12:15-1pm Step Interval (APress)	10-10:45am Spin (APress)
5:30 & 6:30pm Fit Body Boot Camp (Alex)	5:30-6:15pm Spinning (APress)	5:30 & 6:30pm Fit Body Boot Camp (Alex)	5:30-6:15pm Spin (APress)	<p>We Hope you Enjoy all of our classes, Group Programs & Personal Training</p> 	
6:00-7:00pm Cardio Kickbox (Joy)	5:30 & 6:30pm Fit Body Boot Camp (Alex)	5:30 & 6:30pm Fit Body Boot Camp (Alex)	5:30 & 6:30pm Fit Body Boot Camp (Alex)	6:00-7:00pm Cardio/ Tone Mix (Joy)	6:00-7:00pm Step & Sculpt (Joy)
	6:30-7:30pm Cardio/ Tone Mix (Joy)	6:00-7:00pm Step & Sculpt (Joy)	6:30-7:15pm Zumba (Joy)		

* Fit Body Boot Camp is a specialty class and carries an additional fee. Please call Alex for details 845-542.1153 *



MONDAY - THURSDAY:
5:30PM AND 6:30PM
A.M CLASSES FILLING NOW!

Get a FREE \$100 gift card to Fit Body Boot Camp with your new gym membership!

DAILY HOURS
 Monday- Thursday: 5AM-10:30PM
 Friday: 5AM-10PM
 Saturday: 7:30AM - 6:30PM
 Sunday: 8:30AM- 4:30PM

INDOOR BATTING CAGES

cages are open until 10PM during the week
 7:30am-6:30pm on Saturday
 8:30am-4:30pm on Sunday

