



**59 North Plank Road. Newburgh NY  
845.562.0033**

## **GROUP FITNESS SUMMER SCHEDULE**

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### **MONDAY:**

9:30 am	Glutes/Thighs	Body by APress
12:15pm	Step Aerobic	Body by APress
6:00pm	Kickboxing/Abs	Joy

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### **TUESDAY:**

9:30am	Core Blast	Body by APress
10:00am	Spinning	Body by APress
5:30pm	Spinning	Body by APress
6:30	Cardio Toning	Joy

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### **WEDNESDAY:**

9:30am	Total Body Training	Body by APress
6:00 pm	Step & Sculpt	Joy

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### **THURSDAY:**

9:30am	Core Blast	Body by APress
10:00am	Spinning	Body by APress
5:30pm	Spinning	Body by APress
7:30pm	Belly Dancing	Sophia

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### **FRIDAY:**

9:30am	Glutes / Thighs	Body by APress
12:15pm	Step Aerobic 2010	Body by APress

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### **SATURDAY:**

9:30am	Step& Sculpt	Joy
10:30am	Spinning	Body by APress
11:00am	Belly Dancing	Sophia

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