



## **SPORTS COMPLEX**

59 N. Plank Rd. Newburgh NY 12550 (845) 562-0033

### **GROUP FITNESS FALL SCHEDULE**

#### **GET IN SHAPE NOW!**

**Effective 1/11/2010**

Monday:	9:30am	Glutes / Thighs	Body by APress
	5:30pm	Dance Step	Joan
	6:30pm	Pilates	Joan
<b><u>NEW CLASS</u></b>	12:15pm	Step Aerobic 2010	Body by APress
Tuesday:	9:30am	Core Blast	Body by APress
	10am	Spinning	Body by APress
	5:30pm	Spinning	Body by APress
	6:30	Cardio Toning	Joy
Wednesday:	9:30am	Total Body Training	Body By APress
	5:30pm	Step & Sculpt	Joan
	6:30pm	Yoga Express	Joan
Thursday:	9:30am	Core Blast	Body by APress
	10am	Spinning	Body by APress
	5:30pm	Spinning	Body by APress
	6:30Pm	Zumba	Kris
	7:30PM	Belly Dancing	Sophia
Friday:	9:30am	Glutes / Thighs	Body by APress
<b><u>NEW CLASS</u></b>	12:15pm	Step Aerobic 2010	Body by APress
Saturday:	10am	Spinning	Body by APress
	11am	Belly Dancing	Sophia

Zumba, Karate & Belly Dancing are specialty classes which are not included in the membership. The additional fee is determined by the Instructor.

\* Zumba \$5 for members / \$8 for Non Members

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