



WEEKLY CLASS SCHEDULE • October 25 - October 31 2026

★ READY. SET. RESULTS. ★

Your trainer, your place — home, office, or gym. 18 years of real results. Book your first session: 732.364.4404.

WOMEN'S CLASSES

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Double Step Deb 8:30 - 9:30 am				Pilates Alicia 9:00 - 9:45 am		
	Total Body Workout Wehmar (sub) 9:30 - 10:30 am	Muscle Mania Gina 9:45 - 10:30 am	Pilates Alicia 9:30 - 10:15 am	Core Strength Gina 9:45 - 10:30 am	Tabata Elana 9:45 - 10:45 am	Restorative Yoga Inna 9:45 - 10:35 am	
		Dance Party Julia 10:30 - 11:15 am	Cardio Toning Maya 10:15 - 11:00 am	Dance Party Devoiry (sub) 10:30 - 11:15 am	Yoga Batya 10:45 - 11:30 am	Dance Party Julia 10:40 - 11:40 am	
		Yoga Julia 11:15 - 12 pm		Pilates Fusion Julia 11:15 - 12 pm			
	Pilates Miri 7:45 - 8:30 pm	Dance Party Tiferet 7:30 - 8:30 pm	Boot Camp Deb 7:30 - 8:30 pm	Piloxing Deb 7:30 - 8:30 pm	Dance Party Julia 7:30 - 8:30 pm		
	Pound Hadassah Dina 8:30 - 9:15 pm	BodyWorks Leona 8:45 - 9:30 pm	Pilates Plus Wehmar 8:30 - 9:15 pm	Hula Dance Esther 8:30 - 9:15 pm			Pound Lisa 8:45 - 9:30 pm

SPINNING (WOMEN)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Spinning Gina 9:45 - 10:30 am		Spinning Gina 9:45 - 10:30 am	Spinning Devorah 8:30 - 9:15 pm		Spinning Gina 9:45 - 10:30 am	

AQUAFIT (WOMEN)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aquafit Gina 10:45 - 11:30 am			Aquafit Gina 10:45 - 11:30 am			

MEN'S CLASSES

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Spinning Trainer 2:15 - 3:00 pm	Pinnacle Boot Camp Don 2:00 - 3:00 pm	Spinning Shmuel 2:15 - 3:00 pm	Spinning Trainer 2:15 - 3:00 pm	Boot Camp Jess 2:00 - 3:00 pm		Spinning Shmuel 10:30 - 11:15 pm

WOMEN'S HOURS

Sun - Thu: 8:30 am - 1:40 pm, 6:30 - 9:40 pm
Friday: 8:30 am - 1:00 pm
Saturday: After Shabbos - 10:00pm

MEN'S HOURS

Sun - Thu: 6:00 - 8:20 am, 1:50 - 6:20 pm, 9:50 pm - midnight
Friday: 6:00 - 8:20 am, 1:15 pm - 1hr before sunset
Saturday: 10:15pm - 1am