



WEEKLY CLASS SCHEDULE • September 13 - September 19

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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
	Split Hours				Pilates Alicia 9:00 - 9:45 am		
	Women 8:30 - 10:15 pm	Muscle Mania Gina 10:00 - 11:00 am	Pilates Alicia 9:30 - 10:15 am	Core Strength Gina 9:45 - 10:30 am	Tabata Elana 9:45 - 10:45 am	ADHOyoga Inna 9:45 - 10:30 am	
	Men 10:30 - 12 am		Cardio Toning Maya 10:15 - 11:00 am	Dance Party Miriam H. 10:30 - 11:15 am		Dance Party Julia 10:35 - 11:35 am	
				Pilates Fusion Inna (sub) 11:15 am - 12:00 pm			
			Boot Camp Deb 7:30 - 8:30 pm	Piloxing Deb 7:30 - 8:30 pm	Dance Party Trina (sub) 7:30 - 8:30 pm		
		Pound Hadassah Dina 8:45 - 9:30 pm	Pound & Sculpt Lisa 8:30 - 9:15 pm	Hula Dance Esther 8:30 - 9:15 pm			
ALT. SATURDAY							Women

SPINNING (WOMEN)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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			

MEN'S CLASSES

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

WOMEN'S HOURS

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

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
 Alt. Saturday: After Shabbos - 1 am