WEEKLY CLASS SCHEDULE • November 15 - November 21

★ 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

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Double Step Deb B 8:30 - 9:30 am				**Pilates** Alicia 9:00 - 9:45 am		
	Total Body Workout Deb B 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** Miriam H. 10:30 - 11:15 am	**Yoga** Batya 10:45 - 11:30 am	**Dance Party** Julia 10:40 - 11:40 am	
		Yoga Julia 11:15 am - 12:00 pm		**Pilates Fusion** Julia 11:15 am - 12:00 pm			
	Pilates Miri 7:45 - 8:30 pm	**Dance Party** Tiferet 7:30 - 8:30 pm	**Dance Party** Trina (sub) 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		**Hula Dance** Esther 8:30 - 9:15 pm			**Pound** Lisa 8:00 - 8:45 pm

SPINNING (WOMEN)

TIME	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)

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aquafit Wehmar (sub) 10:45 - 11:30 am			**Aquafit** Gina 10:45 - 11:30 am			

MEN'S CLASSES

TIME	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** 10:15 - 11:00 pm
			Total Body HIIT Rudy 10:10 - 11:10 pm				

WOMEN'S HOURS

Sun - Thu: 8:30 am - 1:40 pm, 6:30 - 9:40 pm
Friday: 8:30 am - 12:30 pm
Saturday: After Shabbos - 9:55 pm

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, 12:45pm - 1hr before sunset
Saturday: 10:10pm - 1 am