



## WEEKLY CLASS SCHEDULE • October 4 - October 10

★ 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 |
|------------------|--------|------------------------------------------|-------------------------------------------------|----------------------------------------------|----------------------------------------|------------------------------------------|----------|
|                  | CLOSED |                                          |                                                 |                                              | Pilates<br>Alicia<br>9:00 - 9:45 am    |                                          |          |
|                  |        | Muscle Mania<br>Gina<br>9:45 - 10:30 am  | Pilates<br>Alicia<br>9:30 - 10:15 am            | Core Strength<br>Gina<br>9:45 - 10:30 am     | Tabata<br>Elana<br>9:45 - 10:45 am     | ADHOyoga<br>Inna<br>9:45 - 10:35 am      |          |
|                  |        | Dance Party<br>Julia<br>10:30 - 11:15 am | Cardio Toning<br>Maya<br>10:15 - 11:00 am       | Dance Party<br>Miriam H.<br>10:30 - 11:15 am | Yoga<br>Batya<br>10:45 - 11:30 am      | Dance Party<br>Julia<br>10:40 - 11:40 am |          |
|                  |        | Yoga<br>Julia<br>11:15 - 12 pm           |                                                 | Pilates Fusion<br>Julia<br>11:15 - 12 pm     |                                        |                                          |          |
|                  |        | Dance Party<br>Tiferet<br>7:30 - 8:30 pm | Boot Camp<br>Deb<br>7:30 - 8:30 pm              | Piloxing<br>Deb<br>7:30 - 8:30 pm            | Dance Party<br>Julia<br>7:30 - 8:30 pm |                                          |          |
|                  |        | Pound<br>Hadassah Dina<br>8:30 - 9:15 pm | Tone & Sculpt<br>Wehmar (sub)<br>8:30 - 9:30 pm | Hula Dance<br>Esther<br>8:30 - 9:15 pm       |                                        |                                          |          |
| ALT.<br>SATURDAY |        |                                          |                                                 |                                              |                                        |                                          | Women    |

### SPINNING (WOMEN)

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

### AQUAFIT (WOMEN)

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

### MEN'S CLASSES

|  | Sunday | Monday                                         | Tuesday | Wednesday                             | Thursday                            | Friday | Saturday |
|--|--------|------------------------------------------------|---------|---------------------------------------|-------------------------------------|--------|----------|
|  |        | Pinnacle Boot<br>Camp<br>Don<br>2:00 - 3:00 pm |         | Spinning<br>Trainer<br>2:15 - 3:00 pm | Boot Camp<br>Jess<br>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