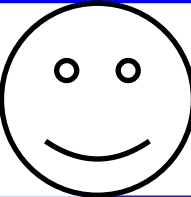


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Tour De Spin (color) Alan (spin studio)	6:00-6:45am Barre Fusion & Core Kathryn Sandberg (studio 1)	6:00-6:45am Boot Camp Jordan (studio 2)	6:00-6:45am Gentle Stretch Yoga Kristi (studio 1)	5:30-6:15am Tour De Spin (color) Alan (spin studio )	8:00-9:00am Body Pump Dawn (studio 2)	8:15-9:00am BARRE Kathryn (studio 1)
8:00-8:45am BARRE Fusion & Core Kathryn Sandberg (studio 1)	8:00-9:00am BODYPUMP Dawn (studio 2)	8:00-8:45am Core & Sculpt Elena (studio 2)	8:00-9:00am Body Pump Justyna (studio 2)	8:00-8:45am Core & Sculpt Elena (studio 2)	9:00-10:00am Yoga Erika (studio 1)	9:00-10:00am Rhythm & Color Stacey (spin studio)
9:00-10:00am Yoga Stretch & Strength Sandy (studio 1)	9:00-10:00am Spin Journey Sue (spin studio)	8:00-9:00am Yoga Vinyasa Flow Sandy (studio 1)	9:00-9:45am BARRE Fusion & Core Kathryn Sandberg (studio 1))	8:00-9:00am Yoga Power Flow Sandy (studio 1)	9:00-10:00am Power Spin Stacey/Melissa (rotation) (spin studio)	9:00-10:00am Step it up Lisa (studio 2)
9:00-10:00am Spin & Sculpt Sue (spin Studio)	9:00-10:00am Strong HITT Justyna (studio 2)	9:00-10:00am BODYPUMP Kim (studio 2)	9:00-10:00am Spin to the Beat Robert (spin studio)	9:00-10:00am Boxing Cut & Chisel Sue (studio 2)	9:00-10:00am Total Body Blast Lisa (studio 2)	10:00-11:00am Morning Yoga Flow Erika (studio 1)
9:00-9:45am Boot Camp Jordan (studio 2/outside)	10:00-10:45am Pilates Cored & Stretch Sharon (studio 1)	11:00am-12:00n Zumba Gold Virginia (studio 1) <b>Free to all silver sneakers</b>	10:30-11:30am Water Aerobics Jeanne (pool)	9:00-10:00 Spin Rhythm & Color Justyna (spin studio)	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p><u>July 1st</u></p>  </div>	
10:30-11:30am Low Impact Aerobics Kathryn/Virginia (studio 2)	10:30-11:30 Water Aerobics Jeanne (pool)			10:30-11:30am Low Impact Aerobics Kathryn (studio 2)		
5:00-6:00pm Yoga Basics Sandy (studio 1)	5:15-6:00pm BARRE Fusion & Core Kathryn (studio 1)	5:30-6:30pm BODYPUMP Justyna	5:15-6:00pm Boxing Boot Camp Lisa Lee (studio 2)	5:00-6:00pm Release the Week Yoga Erika (studio 1)	<div style="border: 2px solid blue; padding: 10px;"> <p><u>Hours of Operation</u></p> <p>Mon - Fri 5:00AM –10:00PM</p> <p>Sat &amp; Sun</p> <p>7:00AM-6:00PM</p> <p><u>FIT KIDS /CHILDWATCH</u></p> <p>Monday-Friday</p> <p>8:00am-12:30pm</p> <p>Saturday 8:00am-12:00pm</p> <p>Sunday 8:00am –11:00AM</p> </div>	
6:00-7:00pm BODYPUMP Justyna (studio 2)	6:00-7:00pm Boxing Boot Camp Lisa (studio 2)	6:30-7:30pm Tour De Spin Alan (spin studio )	6:00-7:00pm Strong HIIT Justyna (studio 2)	6:00-7:00pm BODYPUMP Justyna (studio 2)		
6:00-7:00pm Spin & Sculpt Lisa (spin studio)	6:00-7:00pm Spin Rhythm & Color Justyna (spin studio)	6:00-7:00pm Yoga Flow Sandy (studio 1)	6:00-7:00pm Spin Rhythm & Color Stacey (spin studio)			
		6:30-7:30pm Zumba Brenda (studio 2)				

Group Activity Director  
Susan Pereira

MODIFICATIONS ALWAYS OFFERED IN ALL CLASSES

WE MAKE FITNESS FUN!

BECAUSE YOUR WORTH IT



130 Grove St \* New Milford, CT \* 06776