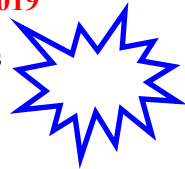



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15AM SPIN STACEY (SPIN STUDIO)	6:00-6:45AM CORE & SCULPT ELENA (STUDIO 2)	6:00-6:45AM REBEL BOOTCAMP LOUIS (OUTSIDE/ STUDIO 3)	6:00-6:45AM SUNRISE YOGA FLOW KRISTI (STUDIO 1)	5:30-6:15AM TOUR DE SPIN ALAN (SPIN STUDIO)	8:00-9:00AM STRAIGHT UP STRENGTH AARON (STUDIO 2)	9:00-10:00AM STEP UP & HIT THE BAG LISA LEE (STUDIO 2)
6:00-7:00AM JUSTIN CONDITIONING & AGILITY (STUDIO 3)	8:00-9:00AM BODYPUMP DAWN (STUDIO 2)	8:00-8:45AM CORE & SCULPT ELENA (STUDIO 2)	8:00-9:00AM BODYPUMP JUSTYNA (STUDIO 2)	8:00-8:45AM CORE & SCULPT ELENA (STUDIO 2)	9:00-10:00AM TOTAL BODY BLAST LISA LEE (STUDIO 2)	9:00-10:00AM SPIN JOURNEY SUE (SPIN STUDIO)
8:00-8:45PM BARRE FUSION KATHRYN SANDBERG (STUDIO 1)	9:00-10:00AM TOUR DE SPIN ALAN (SPIN STUDIO)	9:00-10:00AM SPIN JOURNEY SUE (SPIN STUDIO)	8:00AM-9:00AM MAT PILATES KATHRYN SMITH (STUDIO 1)	9:00-10:00AM BOXING CUT & CHISEL SUE (STUDIO 2)	9:00-10:00AM CYCLE SATURDAY MARY (SPIN STUDIO)	9:00-9:45AM BARRE FUSION & CORE KATHRYN (STUDIO 1)
9:00-10:00AM SPIN & SCULPT SUE (SPIN STUDIO)	9:00-10:00AM BOOTCAMP BLAST JUSTIN (STUDIO 3)	9:00-10:00AM VINYASA FLOW & CORE YOGA SANDY (STUDIO 1)	9:00-10:00AM SPIN TO THE BEAT BOB (SPIN STUDIO)	9:00-10:00AM SPIN RHYTHM & COLOR JUSTYNA (SPIN STUDIO)	9:00-10:00AM BREATHE & FLOW YOGA ERIKA (STUDIO 1)	10:00-11:00AM SUNDAY MORNING YOGA FLOW ERIKA (STUDIO 1)
9:00-10:00AM YOGA STRETCH & STRENGTH SANDY (STUDIO 1)	9:30-10:30AM BARRE FUSION & CORE KATHRYN SANDBERG (STUDIO 1)	10:00-11:00AM BODY PUMP KIM (STUDIO 2)	9:00-10:00AM BOOTCAMP BLAST JUSTIN (STUDIO 3)	9:00-10:00AM YOGA POWER FLOW SANDY (STUDIO 1)	FALL WINTER EFFECTIVE 12/16/2019 We reserve the right to modify or cancel classes with consistently low attendance. 	
9:00-9:45AM STRONG 30 AMITY (STUDIO 2)	10:30-11:30AM AQUA FITNESS JEANNE (POOL)	11:15-12NOON SENIOR BOOM VIRGINIA (STUDIO 2)	9:30-10:30AM BARRE FUSION & CORE KATHRYN SANDBERG (STUDIO 1)	10:30-11:30AM LOW IMPACT AEROBICS KATHRYN SMITH (STUDIO 2)		
10:30-11:30AM LOW IMPACT AEROBICS KATHRYN/VIRGINIA	SILVER SNEAKERS CLASSIC 12:00NOON -12:45PM VIRGINIA		10:30-11:30AM AQUA FITNESS JEANNE			
6:00-7:00PM SPINTASTIC BRANDON (SPIN STUDIO)	5:15-6:00PM BARRE FUSION KATHRYN SANDBERG (STUDIO 1)	5:30-6:30PM BODYPUMP JUSTYNA (STUDIO 2)	5:15-6:00PM CORE & SCULPT ELENA (STUDIO 1)	5:30-6:30PM RELEASE THE WEEK YIN YOGA ERIKA (STUDIO 1)		
6:00-7:00PM BODYPUMP JUSTYNA (STUDIO 2)	6:00-7:00PM BOXING/STRIKE LISA LEE (STUDIO 2 & 3)	6:00-6:45PM FIT HAPPENS BOOTCAMP LISA LEE (STUDIO 3)	5:30-6:15PM TABATA BOXING AARON (STUDIO 2)	5:30-6:30PM BODYPUMP JUSTYNA (STUDIO 2)	MODIFICATIONS OFFERED IN ALL CLASSES Program Director Susan Pereira  GYM HOURS Mon - Fri 5:00AM -10:00PM Sat 6:00AM-6:00PM Sun 7:00AM-6:00PM FIT KIDS CHILDWATCH HOURS Mon-Fri 8:00AM-12:30PM 5:00PM-7:30PM Saturday 8:00AM-12:00PM Sunday 8:00:AM-12:00PM	
6:00-7:00PM ALIGNMENT YOGA SANDY (STUDIO 1)	6:00-7:00PM SPIN RHYTHM & COLOR JUSTYNA (SPIN STUDIO)	6:15-7:00PM AQUA FITNESS JESSICA (POOL)	6:00-7:00PM ROCK THE RIDE DEB (SPIN STUDIO)	6:30-7:15PM STRAIGHT UP STRETCH ERIKA (STUDIO 1)		
6:15-7:15PM AQUA FITNESS JESSICA (POOL)	6:15-7:15PM SLOW FLOW YOGA LARRY (STUDIO 1)	6:30-7:30PM ZUMBA BRENDA (STUDIO 2)	6:15-7:00PM TURBO KICK/INSANITY JUSTYNA (STUDIO 2)			
6:15-7:00PM REBEL BOOTCAMP LOUIS (STUDIO 3)			6:15-7:15PM POWER YOGA SANDY (STUDIO 1)			
7:15-7:45PM STRAIGHT UP STRETCH SANDY (STUDIO 1)					130 Grove St * New Milford, CT * 06776 PHONE NUMBER 860-799-6880	