

Effective 12/12/2011



631-862-1737

Hours of Operation

Monday-Friday 5:00am-10:00pm
 Saturday-Sunday 7:00am-6:00pm

Daycare Hours

Monday - Friday 8:30am-12:45pm
 Monday-Thursday 4:00pm-7:30pm
 Saturday 8:00am-11:00am

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Hot Yoga Meg						
6:45am					**Reformer Tina		
8:00am			**Reformer Meg	**Reformer Meg (8:30a)		Hot Yoga Liz	
9:00am			**Reformer Tina (9:15a)		**Reformer Meg (9:15a)		Yoga Lisa
9:45am		Pilates Meg		Yoga Lisa			Hot Yoga Meg (9:30a)
10:00am					Pilates Meg (10:30a)	Yoga Amy	
10:30am					Hot Yoga Lisa		
11:45am							
4:30pm				Yoga Lisa			
5:30pm							
6:00pm	Hot Yoga Lisa (6:30p)		Hot Yoga Amy				
6:30pm	Pilates Meg			Pilates Meg			
7:30pm	Yoga Meg		Yogalates Amy				
8:00pm				**Reformer Meg			

Spin

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Sandra		Cathy (5:45a)			
8:00am		Elizabeth			Christine (7:45a)		Margie
8:30am						Cathy	
9:30am		Mary	Sandra	Georgina	Sandra		
10:45am	Sandra						
5:30pm	Trevor			Sharon			
6:30pm			Mary				

Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am		Fit & Easy (Robyn)		Fit & Easy (Robyn)		Cardio Box (Margie)	
9:30am	Cardio Pump (Sandra)	Cardio Pump (Dolores)	Cardio Pump (Cathy)	Cardio Pump (Mary)	Zumba (Kelly)	Zumba (Kelly) 9:00a	
10:30am	Zumba (Kelly)						
5:30pm	Cardio Box (Margie)			Zumba Gold (Amy)			
6:00pm			Zumba Toning (Kristen)				
6:30pm		Zumba (Kelly)		Zumba (Kelly)			
7:15pm		Cardio Pump (Kelly)		Cardio Pump (Kelly)			



Energy Boot Camp 60 Minutes 6-12 members per session



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Cathy (5:15a)						
6:00am			Missi	Sandra			
7:00am						Margie	
8:15am			Sandra				
9:30am				Sandra	Trevor	Kathy	Margie (9:15a)
11:00am	Missi						
5:30pm			Trevor				
6:00pm	Missi						



30 minute circuit classes included with membership

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	STRIVE	STRIVE	STRIVE	STRIVE	STRIVE	STRIVE	
9:00am	STRIVE	STRIVE	STRIVE	STRIVE	STRIVE	STRIVE	
10:00am	STRIVE	STRIVE	STRIVE	STRIVE	STRIVE	STRIVE	
4:00pm	STRIVE	STRIVE	STRIVE	STRIVE			
5:00pm	STRIVE	STRIVE	STRIVE	STRIVE			
6:00pm	STRIVE	STRIVE	STRIVE	STRIVE			