

Club Hours: Mon.-Thu. 5:30am-11pm
 Fri. 5:30am-10pm
 Sat./Sun. 8am-8pm
 Phone - 201-626-3161



Babysitting Hours: Mon.-Thur. 8:30am-2pm
 Fri.&Sat. 8:30am-12:00pm
 Mon.-Thurs. 5:30pm-8:30pm

FALL 2008 GROUP ACTIVITIES

EFFECTIVE: 11/12/2008

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		Yoga <i>Sabrina NEW! 1 hr.</i>	Kick Boxing <i>Sabrina 1 hr.</i>		Cardio Sculpt <i>Sabrina 1 hr.</i>		
9:00 AM	Pilates <i>Joanne NEW! 1 hr.</i>		Hatha Yoga <i>Joanne NEW! 1 hr.</i>				
9:30 AM		Cardio Dance <i>Sabrina 1 hr.</i>		Cardio Dance <i>Sabrina 1 hr.</i>	Yoga Blend <i>Joanne NEW!</i>	Abs/Core <i>Kendra 1 hr.</i>	
10:00 AM							Cardio Jam <i>Sabrina 1 hr.</i>
10:30 AM		Yoga <i>Thomas NEW! 1 hr.</i>				Kickboxing <i>Veronica 1 hr.</i>	
11:00 AM							Sculpt 'n Tone <i>Sabrina 1 hr.</i>
11:30 AM						Hatha Yoga <i>Sara 1 1/2 hrs.</i>	
12:15 PM	Cardio Boot Camp <i>Sabrina 1 hr.</i>	Cardio Sculpt <i>Veronica 1 hr.</i>	Sculpt 'n Tone <i>Veronica NEW!</i>	Cardio Sculpt <i>Sabrina 1 hr.</i>	Kick Boxing <i>Veronica 1 hr.</i>		Yoga <i>Romula NEW! 1 hr.</i>
5:00 PM						Cardio Dance <i>Sabrina 1 hr.</i>	Hatha Yoga <i>Tom 1 1/2 hrs.</i>
5:30 PM		Hatha Yoga <i>Sara 1 hr.</i>					
6:00 PM			Ab Lab <i>Fitness Staff 1/2 hr.</i>		Sports Conditioning <i>Linda NEW! 1 hr.</i>		
6:30 PM	Step & Sculpt <i>Veronica</i>	Cardio Kickbox Circuit <i>Vivicka NEW! 1 hr.</i>	Pilates <i>Julia NEW! 1 hr.</i>	Sports Conditioning <i>Linda NEW! 1 hr.</i>			
7:00 PM					Pilates <i>Vanessa NEW! 1 hr.</i>		
7:30 PM	Kickboxing <i>Sabrina 1 hr.</i>	Cardio Surprise <i>Vivicka NEW! 1 hr.</i>	Kickboxing <i>Sabrina 1 hr.</i>	Sculpt 'n Tone <i>Sabrina 1 hr.</i>			
8:30 PM	Hatha Yoga Basics <i>Monique 1 hr.</i>	Sculpt 'n Tone <i>Sabrina 1 hr.</i>	Power Yoga Level 2 <i>Julie 1 hr.</i>	Cardio Dance <i>Sabrina NEW! 1 hr.</i>			
			STUDIO B				
6:15 AM	Cycling & Abs <i>Sabrina 1 hr.</i>						
10:00 AM						Cycling* <i>Eliyas 45 min.</i>	Cycling* <i>Veronica 45 min.</i>
11:00 AM						Cycling* <i>Eliyas 45 min.</i>	
12:15 PM		Cycling* <i>Rhonda 45 min.</i>					
6:30 PM	Cycling* <i>Kerry 45 min. NEW!</i>		Cycling* <i>Eliyas NEW! 45 min.</i>				
6:45 PM				Cycling <i>Rhonda 45 min.</i>			
7:30 PM	Advanced Cycling* <i>Eliyas 45 min.</i>	Advanced Cycling* <i>Eliyas NEW! 45 min.</i>	Advanced Cycling* <i>Eliyas NEW! 45 min.</i>		*advance call-in required on class day ** 2 hr. advance sign-in		
			POOL				
	7:30pm Aqua Power <i>Rita 1 hr.</i>		7:30pm Aqua Power <i>Veronica 1 hr.</i>			9:30am Aqua Power <i>Veronica 45 min.</i>	