



GROUP FITNESS SCHEDULE

Effective 9/1/20

908-689-9733

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am			 GRIT Sarah 30 minutes	 sprint Sarah 30 minutes	 GRIT Sarah 30 minutes	 sprint Sarah 30 minutes	 sprint Kristan 8am 30 minutes
9:15 am	45 minutes RPM Judy	 BODYPUMP Robin 9am	 pilates Marcia	30 minutes CXWORX Robin 9:30am	30 minutes BODYPUMP Robin 9:30am	45 minutes RPM Judy	 BODYCOMBAT Judy
10:30am	 ZUMBA Christina	30 minutes barre Katie	45 minutes RPM Robin	45 minutes SH'BAM Katie	 BODYFLOW Robin	45 minutes tone Katie	

5:30pm			 RPM Judy 45 minutes	 BODYPUMP Marcia 30 minutes	 BODYCOMBAT Erin 30 minutes		
6:15 pm		 BODYPUMP Erin		 sprint Kristan 30 minutes			
7:30 pm		 YOGA Marcia	 ZUMBA Diamond		 ZUMBA Christina		

Like us on FACEBOOK for up to the minute schedule changes!

- Stay home if you are feeling sick
- Masks must be worn inside the gym at all times
- 10 person max for indoor classes – please sign up before class with membership desk
 - Arrive early to set up any equipment
- Wipe down equipment before and after each class
- Cycling classes are held in the outdoor pavilion