


GROUP ACTIVITY SCHEDULE

FREE PROGRAMS

Effective, April 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Energy Ride Cycling Room-Tamzin	5:45am Total Body Conditioning Studio 2-Cheryl M	6:00am Energy Ride Cycling Room-Tamzin	6:00-6:45am Bootcamp Studio 2-Chad	5:45am Tour de Spin Cycling Room-Alan	7:45am Rising Flow Yoga Studio 1—Suzette	9:00am The Long Road Cycling Room-Lisa/Jim
8:15am Pure Strength Studio 2-Kristen	9:00am Whipped Studio 2-Cheryl M	8:30-9:00am Ab Lab Studio 2-Cheryl M	7:00am Tabata Studio 2-Chad	6:30--7:15am Core Strength & Stretch Studio 2-Tamzin	8:00am Body Pump Studio 2-Dawn	9:00am Step It Up Studio 2-Lisa /Tamzin
9:00am Ripped Ride Cycling Room-Sue	9:00am Spin Journey Cycling Room-Sue	9:00am Body Challenge Studio 2-Rob	9:00am Functional Strength Training Studio 2-Chad	8:30-9:00am Ab Lab Studio 2-Cheryl M	9:00am Endurance Ride Cycling Room-Rob/Sue	10:00am Yoga Studio 1-Mary
9:00am Pilates on the Mat Studio 1—Kathryn		9:00am Yoga Studio 1-Mary	9:00am Spin Journey Cycling Room-Sue	9:00am SPIN through the Decades Cycling Room-Cheryl M	9:00am Turbo Kick Studio 2-Lisa	Adult Swim Fit— offered on WED from 5 to 6pm SAT or SUN from 8 to 9am
9:15-10:15am Body Pump Studio 2- Karen	10:00am Core Strength & Stretch Studio 2-Tamzin	10:30am Pilates on the Mat Studio 1—Suzette	10:00am Body Pump Studio 2-Dawn	9:00am Cut and Chisel Studio 2—Sue		
10:30-11:15am Low Impact Aerobics Studio 2-Kathryn	10:30am Aqua Fit Pool-Cheryl M	10:30-11:15am Zumba Gold Studio 2-Virginia	10:30am Aqua Fit Pool-Cheryl M	9:00am Yoga (moderate) Studio 1-Lester	<p>**All class are 50 minutes unless otherwise specified</p> 	<p>Hours of Operation</p> <p>Monday-Friday 5:30am –10:00pm</p> <p>Saturday & Sunday 7:00am-6:00pm</p> <p>Childwatch</p> <p>Monday-Friday 8:30am-12:30pm 4:00pm-7:30pm</p> <p>Saturday 8:00am-1:00pm</p> <p>Sunday 9:00am-1:00pm</p>
5:30-6:00pm Bootcamp Xpress Studio 2 - Wanessa	5:30-6:00pm Down to the Core Studio 2-Wanessa	5:30-6:30pm Body Pump Studio 2-Justyna	6:00pm Bootcamp Studio 2-Justyna	10:00am Eurofitness Studio 2-Sandra		
6:00-7:00pm Zumba Studio 2-Wanessa	6:00pm Power Yoga (vigorous) Studio 1-Suzette	6:30-7:20pm Zumba Studio 2-Brenda	6:00-7:00pm Pilates on the Mat Studio 1-Suzette	11:00-11:45am Low Impact Aerobics Studio 2-Kathryn		
6:00pm Strength Ride Cycling Room-Cheryl M	6:00pm SHRED IT Studio 2-Lisa	7:15-7:55pm Quick Ride Cycling Room-Tamzin		5:30-6:30pm Body Pump Studio 2-Rachael		
7:15pm Total Body Fit Studio 2-Tamzin		8:00-8:30pm Core Strength & Stretch Studio 1 - Tamzin		5:45pm Friday Night Express Cycling Room-Jim		

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