

FEBRUARY CLASS SCHEDULE

Effective 3/01/2020

	Time	Class	Instructor	#
Monday				
	6:00 AM	Muscle Conditioning 45	Jennifer Gray	1
	8:00 AM	Cardio and Weights	Laurel Rivera	1
**Sign-In	9:30 AM	Spinning	Mike Minielly	2
	10:30 AM	Zumba	Lois Costello	1
	12:00 PM	Silver Sneakers Toning	Lois Costello	1
	5:30 PM	Basic Training	Mike Minielly	1
**Sign-In	5:30 PM	Spinning 45	Ally Cohen	2
	6:30 PM	Butts & Gutts	Don Frazier	1
Tuesday				
**Sign-In	6:00 AM	Spinning	Ally Cohen	2
	7:30 AM	Butts & Gutts	Don Frazier	1
	8:30 AM	Muscle Conditioning	Andrea Bernstein	1
	9:00 AM	Kickboxing	Omar Akl	3
**Sign-In	9:30 AM	Spinning	Heppard, Cheryl	2
	9:30 AM	Zumba	Susie Seigle	1
	5:30 PM	Full Throttle 50 min	Don Frazier	3
	6:30 PM	Dancercise	Mariya Prymak	1
	6:30 PM	Body Movement	Omar Akl	3
	7:30 PM	Yoga	Erica Cheok	1
Wednesday				
	8:00 AM	Abs and Arms	Mike Ligotti	1
**Sign-In	9:15 AM	Spinning	Mike Minielly	2
	9:30 AM	Zumba	Lois Costello	1
	10:30 AM	Yoga Fusion	Karen Ockner	1
	5:30 PM	TRX	Mike Minielly	3
	5:30 PM	Club Zumba	Susie Seigle	1
	6:30 PM	Omovement	Omar Akl	3
	6:30 PM	Butt and Gutts	Don Frazier	1
Thursday				
**Sign-In	6:00 AM	Spinning	Ally Cohen	2
	7:30 AM	TRX	Dan Jett	3
	8:00 AM	Build That Body	Laurel Rivera	1
	9:00 AM	Basic Training	Mike Minielly	1
	9:00 AM	Club Zumba	Susie Seigle	3
	10:30 AM	Silver Sneakers Training	Lois Costello	1
**Sign-In	5:30 PM	Spinning	Mike Minielly	2
	6:00 PM	Kickboxing	Omar Akl	3
	6:30 PM	Dancercise	Mariam Monroe	1
	7:30 PM	Yoga	Erica Cheok	1
Friday				
	6:00 AM	Cardio Kickboxing 45	Jennifer Gray	3
**Sign-In	6:00 AM	Spinning	Ally Cohen	2
	7:30 AM	Butts & Gutts	Don Frazier	1
	8:00 AM	Target Training	Mike Ligotti	3
	9:00 AM	Club Zumba	Mariam Monroe	3
**Sign-In	9:00 AM	Spinning	Mike Minielly	2
	10:00 AM	Barre & Body Sculpt	Andrea Bernstein	1
Saturday				
	8:00 AM	Basic Training	Mike Minielly	1
**Sign-In	9:00 AM	Spinning 45	Mike Minielly	2
	9:30 AM	Kickboxing	Omar Akl	3
	10:00 AM	Zumba/Zumba Toning	Lois Costello	1
	11:15 AM	Yoga For All Bodies	Horwitz, Marla	1
Sunday				
**Sign-In	8:00 AM	Spinning	Mike Minielly	2
	8:00 AM	Full Body TRX	Julie Hirsch	3
	8:45 AM	Muscle Conditioning	Andrea Bernstein	1
	10:00 AM	Zumba	Julie Hirsch	1
	10:00 AM	Cardio Kickboxing	Jennifer Gray	3
	11:15 AM	Vinyasa Yoga	Erica Cheok	1



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