

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Spinning* Claudia	5:45 - 6:30 am Spinning* Karen	5:45 - 6:30 am Spinning* Karen	5:45 - 6:30 am Spinning* Karen	5:45 - 6:30 am Spinning* Claudia	7:30 - 8:25 am Spinning* Tanya	8:15 - 9:00 am Spinning* Cecilia
5:45 - 6:30 am Jump Start 45 Rene	9:15 - 10:30 am Super Spin* Patti	5:30 - 5:45 am Abs Tanya	8:00 - 8:55 am Endurance Fitness Rene	5:45 - 6:40 am TBC Karen	8:45 - 9:30 am Spinning* Claudia	8:00 - 8:55 am Interval Cardio Wts Helen
8:00 - 8:55 am Tush & Tummy* Patti	9:30 - 10:25 am Interval Cardio Wts Donna	5:45 - 6:40 am TBC Tanya	9:15 - 10:10 am ZUMBA®!* Yeye	6:45 - 7:40 am Spinning* Patti	9:00 - 9:55 am Tush & Tummy* Patti	9:00 - 9:55 am Tush & Tummy Helen
9:00 - 9:45 am Spinning* Donna	9:30 - 10:15 am Treadmill Class* Melanie	8:15 - 9:10 am Interval Cardio Wts Patti	9:30 - 10:15 am Treadmill Class* Melanie	8:15 - 9:10 am ZUMBA®!* Yeye	10:00 - 10:55 am YogaLates* Laura	9:15 - 10:00 am Spinning* Karen
9:30 - 10:15 am Treadmill Class* Melanie	10:30 - 11:25 am ZUMBA®! Karen	9:30 - 10:15 am Ellip-t-core* Melanie	10:20 - 11:00 am Core Sculpt Melanie	9:30 - 10:25 am Cardio Fusion* Cecilia	10:15 - 11:00 am Interval Spin* Patti	10:00 - 10:55am Yoga Level 1 Judy
9:45 - 10:40 am Low Impact Fusion* Jamie	11:30 - 12:00 pm Wt Loss Connections Kathy	9:30 - 10:25 am Low Impact Fusion* Jamie	10:30 - 11:15 am Beginner Spin* Jamie	9:30 - 10:15 am Ellip-t-core* Melanie	11:00 - 11:55 am TBC* Patti	11:00 - 12:15 pm Yoga Level 1 & 2 Judy
11:00 - 11:55 am ZUMBA®!* Yeye	4:30 - 5:25 pm TBC Cecilia	10:30 - 11:00 am Abs Jamie	4:30 - 5:25 pm Interval Cardio Wts Patti	11:30- 12:30 pm Dance Fitness Stacy	12:15 - 1:10 pm ZUMBA®!* Yeye	
4:30 - 5:45 pm Vinyasa Yoga Jamie	5:00 - 5:45 pm Spinning* Donna	10:30 - 11:15 am Spinning* Donna	5:30 - 6:45 pm Spin & Sculpt* Jamie	4:30 - 5:15 pm Spinning* Cecilia		
6:00 - 6:55 pm TBC Jamie	6:00 - 6:55 pm Interval Cardio Wts Donna	4:30 - 5:25 pm Strong and Streamlined Joan	6:30 - 7:15 pm Spinning* Cecilia	5:30 - 6:25 pm TBC Jamie	4:30 - 5:25 pm Dance Fitness Stacy	4:00 - 4:55 pm Pilates Body Work Cecilia
6:30 - 7:45pm Resistance Spin * Patti	7:00 - 7:55 pm Pilates Mat Laura	5:30 - 6:15 pm Beginner Spin* Donna	6:30 - 7:00 pm Wt Loss Connections Kathy	6:30 - 7:25 pm Kickboxing* Cecilia		
7:00 - 7:30 pm Pilates Xpress Jamie	8:00 - 8:55 pm Advanced Bootcamp Rene	5:30 - 6:40 pm Yoga Jamie	7:30 - 8:25 pm Barre Method* Cecilia			
7:45 - 8:40 pm ZUMBA®!* Yeye		6:30 - 7:15 pm Spinning* Patti				
		6:45 - 7:40 pm Step & Sculpt Donna				
		7:45 - 8:40 pm ZUMBA Toning®!* Angelica				

**Healthy Fit Class Schedule  
May 1 - May 31, 2012**

**Club Hours:**

Monday - Thursday 5 am - 10 pm  
Friday 5 am - 9 pm  
Weekends 7 am - 7 pm



Fitness Manager : Erika Procaccini  
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\* Reservation Required  
Spinning\* - Reservation Required