



One Life. Live Well.

Murray Hill Group Fitness

Effective: November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Power Yoga Kendra 7-8am	Spinning Erin 7-8am	Total Body Makeover Seva 7-8am	Power Yoga Kendra 7-8am	Total Body Makeover Seva 7-8am	
Butt and Gutt Jeremy 11am-12pm						
Spinning Sara 12:15-1:15pm	Boot Camp Kasey 12:15-1:15pm	Total Body Conditioning Daniel 12:15-1:15pm		Pilates Tatiana 12:15-1:15pm		Boot Camp Kasey 11-12pm
Capoeira Paulo 3-5pm	Vinyasa Yoga Andrea 6-7pm	Starts 3/29/11 Isometric Core Insanity Joe 6-7pm	Spinning Jeremy 6-7pm	Step Cardio Seva 6:30-7:30pm	Spinning Jeremy 6-7pm	Zumba Carolina 12-1pm
	Cardio Kick Miguel 7-8pm	Power Yoga Kendra 7-8pm	Vinyasa Yoga Andrea 7-8pm	Total Body Conditioning Daniel 7:30-8:30pm	Total Body Condition w/Boxing Daniel 7-8pm	Pilates Tatiana 1-2pm
	Zumba Carolina 8:15-9:15pm	Spinning Erin 8-9pm	Zumba Carolina 8:15-9:15pm			

Fitness Club Hours: OPEN 24 Hours Monday 5:00am CLOSE Friday 11:00pm.

Saturday/Sunday 7:00am - 9:00pm.

Group Exercise Coordinator: Mike Ambro

mikeambro@aol.com

(Comments and Suggestions are welcome.)

Instructors and classes subject to change Call 212.213.0400 for updates

- 1 NO ONE admitted ten minutes after the class has started
- 2 Classes end five minutes before scheduled time to allow for transition time
- 3 Members are permitted to use the Group Exercise Room during selected times
- 4 Everyone should consult with a physician before beginning an exercise program.

GO 4 IT!
4 Days FREE* for you and a friend

Open 24 hours
 **ONE LIFE. LIVE WELL**

AT OUR NEWEST LOCATION
31ST AND LEXINGTON
(212) 213-0400

*TERMS AND CONDITIONS APPLY. ALL SUBJECT POLICIES APPLY. MUST HAVE LOCAL PHOTO ID AND BE FIRST TIME GUEST. THIS IS FOR 4 CONSECUTIVE DAYS.