



One Life. Live Well.

Group Classes

Brooklyn Heights

Effective: 12/9/2015

STUDIO 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Note: studio rented to Glen Sunday mornings 9:30am last 2 weeks of every month						9:00 – 9:55 am Step Lorraine
	10:30 – 11:30 am Active Adults Complete Fitness Avion	10:30 – 11:30 Gyrokinesis for Seniors Akiko	10:30 – 11:30 am Active Adults Strength Training Avion	10:30 – 11:15 am Zumba Gold Raimi	10:00 – 11:00 am Active Adults Yoga Stretch Avion	10:00 – 11:00 am Total Body Sculpt Lorraine
	12:10 – 1:10 pm Total Body Sculpt Avion	12:10 – 1:05 pm Belly Dancing Diamond	12:20 – 1:05 pm Basic Step Cheryl	12:10 – 1:05 pm Fit Body Camp Joe	12:10 – 1:10 pm Boot Camp Cheryl	Noon – 1:15 pm (private class w/ Glen)
	1:15 – 2pm Lower Bodywork Cheryl	1:10 – 2:10 pm Fit Body Camp Joe	1:10 – 2:10 pm Yoga Francesco	1:10 – 2:10 pm Yoga Francesco	1:15 – 2:15 pm Pilates Molly	
	5:30 – 6:30 pm Stepography Lorraine	5:30 – 6:30 pm Total Body Sculpt Lorraine	5:30 – 6:30 pm Total Body Sculpt Cheryl	5:30 – 6:30 pm Kick & Burn Kickboxing Lorraine	5:30 – 6:25 pm Total Body Sculpt Cheryl	
	6:35 – 7:30pm Zumba Wendy	6:35 – 7:30 pm Yoga Francesco	6:35 – 7:30 pm P90X Shayla	6:35 – 7:30 pm Interval Training Cheryl	6:30 – 7:30 pm Zumba Raimi	
			7:35 – 8:35 pm Pilates Molly	7:35 – 8:35pm Zumba Raimi		
STUDIO 2						
	12pm – 12:45 pm Matrixx Power Spinning Calvin		6:30 – 7:30 am Spin Felah	6:30 – 7:30 am Spin Felah	1:10 – 2:00 pm Matrixx Power Spinning Calvin	
	6:00 – 7:00 pm 24/7/365 Ride Spinning Glen		6:30 – 7:30 pm Cycle Celine			
Instructions and classes subject to change				Club Hours		
1. No one admitted 10 minutes after class has started. 2. Members not allowed to use classroom for other activities during class.				Monday - Friday: 5 am – 11 pm Saturday - Sunday: 7 am – 9 pm Telephone: 718-596-4653		