



GROUP FITNESS SCHEDULE

129 Stryker Lane | Hillsborough, NJ 08844 | (908) 904-1112

EFFECTIVE AS OF DEC 23, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:30am RIPPED Leticia</p> <p>10:00am SILVER SNEAKERS Suleica</p>	<p>5:45am K-BOX45 Maria</p> <p>8:30am CHISEL Leticia</p> <p>9:30am YOGA Monica</p> <p>11:30am ZUMBA GOLD Denise</p>	<p>8:30am KICKBOX BOOTCAMP Carrie</p> <p>9:30am POWER HOUR Carrie</p>	<p>5:45am X-FACTOR45 Maria</p> <p>8:30am HIIT Leticia</p> <p>9:30am TOTAL KETTLEBELL Doug</p> <p>11:30am ZUMBA GOLD Denise</p>	<p>8:30am TOTAL BODY Denise</p> <p>9:30am CIRCUIT BLAST Doug</p>	<p>8:30am CARDIO SCULPT Barb</p> <p>9:30am ZUMBA + TONING Ericka</p> <p>10:30am HOOP IT UP Ericka</p>	<p>8:30am TABATA/CORE Deanna</p>
<p>4:30pm CHISEL Stacey</p> <p>5:30pm PILATES Deanna</p> <p>6:30pm ZUMBA Denise</p>	<p>5:30pm TABATA/CORE Deanna</p> <p>6:30pm CIRCUIT TRAINING Deanna</p> <p>7:30pm KENPO KARATE & SELF DEFENSE*</p>	<p>4:30pm PILATES Carrie</p> <p>5:30pm CHISEL Leticia</p> <p>6:30pm ZUMBA Ericka</p>	<p>4:30pm TOTAL BODY Carrie</p> <p>5:30pm YOGA Monica</p> <p>6:30pm STRONG30 + TONING Ericka</p> <p>7:30pm KENPO KARATE & SELF DEFENSE*</p>	<p>4:30pm CIRCL MOBILITY 60 Ericka</p> <p>5:30pm HIIT Barb</p>	<p>CLUB HOURS</p> <p>MON 4:30am-11:00pm</p> <p>TUES 4:30am-10:00pm</p> <p>WED 4:30am-11:00pm</p> <p>THURS 4:30am-10:00pm</p> <p>FRI 4:30am-10:00pm</p> <p>SAT 7:00am-6:00pm</p> <p>SUN 7:00am-4:00pm</p>	<p>CHILD CARE HOURS</p> <p>MON 5:00pm-7:30pm</p> <p>TUES 8:00am-10:30am</p> <p>WED 8:00am-10:30am 5:00pm-7:30pm</p> <p>THURS 8:00am-10:30am</p> <p>FRI 8:00am-10:30am</p> <p>SAT 7:00am-11:00am</p>
<p>KEY: new CLASS new INSTRUCTOR new TIME</p> <p>* PLEASE SEE FRONT DESK</p>						