



GROUP FITNESS SCHEDULE
DIRECTED BY ROSE ANN KRAJEWSKI




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Hasbrouck Heights, NJ 07604
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MARCH 2010

Main Studio

Effective March 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:30 am LES MILLS BODYPUMP Sandra		5:30 - 6:30 am CARDIO SCULPT Kathy			
8:30 - 9:30 am HATHA YOGA Stephanie L.	8:30 - 9:30 am PILATES MAT Rose Ann				8:00 - 9:00 am PILATES MAT Rose Ann / Allison	
	9:30 - 10:30 am LES MILLS BODYPUMP Rose Ann	9:30 - 10:30 am CARDIO SCULPT Cindy	TIME CHANGE 9:00 - 10:00 am LES MILLS BODYPUMP Rose Ann	9:30 - 10:30 am LES MILLS BODYATTACK Gina / Cindy	9:00 - 10:00 am LES MILLS BODYPUMP Rose Ann/Stephanie	9:00 - 10:00 am ZUMBA Chris
TIME CHANGE 10:30 - 11:30 am LES MILLS BODYPUMP Fanny			TIME CHANGE 10:00 - 11:00 am PILATES MAT Jean Ann		10:00 - 11:00 am LES MILLS BODYATTACK Rose Ann/Stephanie	10:00 - 11:00 am LES MILLS BODYPUMP Angela / Stephanie
					11:00 - 12:00 pm VINYASA YOGA Stephanie L.	11:00 am - 12:00 pm LES MILLS BODYATTACK Attack Team Rotation
	45-MIN EXPRESS 12:00 - 12:45 pm LES MILLS BODYATTACK Rose Ann	12:00 - 12:45 pm ZUMBA Anabel	12:00 - 1:00 pm LES MILLS BODYPUMP Gina			
4:30 - 5:30 pm LES MILLS BODYPUMP Jessica	4:45 - 5:30 pm HAVE A BALL Stephanie B.	4:30 - 5:30 pm PILATES MAT Allison	4:45 - 5:15 pm HARD CORE ABS Stephanie B.	"NEW" 45-MIN EXPRESS 4:45 - 5:30 pm LES MILLS BODYATTACK Angela	 <p>BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony.</p>	
5:30 - 6:30 pm KICKBOX & ABS Gina	5:30 - 6:15 pm BOSU Joe	5:30 - 6:30 pm SPORT STEP Stephanie B.	45-MIN EXPRESS 5:15 - 6:00 pm LES MILLS BODYATTACK Stephanie B.	5:30 - 6:30 pm LES MILLS BODYPUMP Angela		
6:30 - 7:30 pm YOGA Stephanie L.	6:15 - 6:45 pm HARD CORE ABS Joe	6:30 - 7:30 pm LES MILLS BODYPUMP Angela	6:00 - 7:00 pm POWER SCULPT Jeannine	6:30 - 7:30 pm ZUMBA Anabel / Claudia		
7:30 - 8:30 pm LES MILLS BODYATTACK Stephanie/Angela/Joe	6:45 - 7:45 pm ZUMBA Sandra	7:30 - 8:30 pm VINYASA YOGA Stephanie L.	7:00 - 8:00 pm ZUMBA Jeannine			
	7:45 - 8:45 pm LES MILLS BODYPUMP Sandra		8:00 - 9:00 pm LES MILLS BODYPUMP Sandra			



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PRIMARY LAUNCH EVENT
Wednesday, March 17th at 7:30pm
Sign Up Begins March 10th
At Front Desk

OPEN HOUSE WEEK MARCH MADNESS EVENTS			
Monday, March 15th	Tuesday, March 16th	Wednesday, March 17th	Thursday, March 18th
6:30 - 8:00 PM SUPER SPIN	7:45 - 8:45 PM BODY PUMP 73 LAUNCH	6:30 - 7:30 PM BODY ATTACK 68 LAUNCH BODY FLOW LAUNCH 7:30 PM	6:30 - 8:30 PM ZUMBA DANCE PARTY **WITH LIVE DJ**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15 am Kathy		5:30 - 6:15 am Kathy		5:30 - 6:15 am Kathy		
TIME CHANGE 9:30 - 10:30 am Fanny		9:30 - 10:30 am Abe		9:30 - 10:30 am Michele	9:00 - 10:00 am Kathy	9:00 - 10:00 am Eddie
					10:15 - 11:15 am Eddie	10:15 - 11:15 am Michele
12:00 - 12:45 pm Jennifer				12:00 - 12:45 pm Jennifer	MARCH MADNESS SUPER SPIN	
	6:00 - 6:45 pm Lisa	INTRO TO SPIN 5:30 - 6:15 pm Evelyn	6:00 - 7:00 pm Evelyn		Monday, March 15th 6:30 - 8:00 pm Eddie & Evelyn (Sign up begins March 8th at front desk)	
6:30 - 7:30 pm Eddie	7:00 - 7:45 pm Joe	6:30 - 7:30 pm Eddie				