I AM FITNESS

GROUP FITNESS SCHEDULE –APRIL 2017

MONDAY

8:30 – 9:15	**Seniorcise** Diane Fuschetti	1
9:30 – 10:15	**Aqua Blast** Diane Fuschetti	LP
9:30 – 10:15	**H.I.I.T Spinning** Maureen Campbell	2
9:30 – 10:30	**I AM BARRE** Donna Haberman	**1**
10:30 – 11:30	**Chisel'd** Donna Haberman	1
4:30 – 5:30	**Zumba** Tatiana Segovia	1
5:30 – 6:30	**Interval Training** Jonathan Bagnatto	1
5:30 –6:30	**Yoga** Carol Hudson	4
6:30 – 7:15	**Spinning ®** Dalia Crocker	2
6:30 – 7:30	**I AM BARRE** Donna Haberman	1
7:30 – 8:30	**KICKBOXING** Dalia Crocker	1

TUESDAY

5:45 – 6:30	**Spinning®** Maureen Campbell	2
8:30 – 9:15	**Seniorcise** Diane Fuschetti	**1**
9:30 – 10:15	**Spinning®** Heather Slavin	2
9:30 – 10:15	**Aqua Motion** Diane Fuschetti	LP
9:30 – 10:30	**Cardio Kickbox** Donna Haberman	1
10:30 – 11:30	**Mat Pilates** Donna Haberman	**4**
10:30 – 11:15	**Seniorcise** Diane Fuschetti	1
5:30 – 6:30	**I AM BARRE** Maureen Campbell	1
6:15 – 6:45	**GRIT™** Jennifer Guerrino	4
6:30– 7:15	**Spinning®** Teresa/Dalia	2
6:30 – 7:30	**Zumba** Paula Chiarello	1
7:30 – 8:30	**Body Pump™** Heather Slavin	1

WEDNESDAY

5:45 – 6:30	**H.I.T.T. Spinning** Jennifer Luehmann	2
9:30 – 10:15	**Aqua Blast** Diane Fuschetti	LP
9:30 – 10:30	**Spinning®** Danielle Carofine	2
Special Event April 26 9:30 – 10:30	**Zumba Strong** Jennifer Luehmann	1
9:30 – 10:00	**GRIT** Jennifer Luehmann (Class will not be held 4/26 or Special Event)	1
10:00 – 10:30	**HARD CORE ABS** Jennifer Luehmann (Class will not be held 4/26 for Special Event)	1
10:30 – 11:30	**Strength Works** Donna Haberman	1
4:30 – 5:30	**AromaOM Yoga** Stephanie Ricotta	4
5:30 – 6:30	**Ultimate Workout** John Bagnatto	1
6:30 –7:30	**Zumba** Sandy Molon	1
7:00 –8:00	**Spinning®** Maureen Campbell	2
7:30 – 8:15	**Insanity** Dalia Crocker	**1**

THURSDAY

5:45 – 6:15 GRIT 1
Jennifer Luehmann

Special Event April 20
8:30 – 9:15 **Chair Yoga** 1
Christine Clark

8:30 –9:30 **Seniorcise** 1
Diane Fuschetti

9:30 – 10:15 **Spinning®** 2
Heather Slavin

Special Event April 27
9:30 – 10:30 **I AM DANCE** 1
Donna Haberman

9:30 – 10:30 **Cardio Kickbox** 1
Donna Haberman

9:30 – 10:15 **Aqua Zumba** LP
Denise Kornblatt

10:30 – 11:30 **I AM BARRE** 1
Donna Haberman

10:30 – 11:30 **Yoga** 4
Lisa Cronin

5:30 – 6:15 **Tabata Boot Camp**
Maureen Campbell

6:30 – 7:15 **Spinning®** 2
Heather Slavin

6:30 – 7:30 **Pilates** 4
Maureen Campbell

6:30 – 7:30 I AM BARRE 1
Sharon Jacobowitz

FRIDAY

5:45 – 6:45 **Spinning®** 2
Lauren Moore

8:30 – 9:15 **Zumba Gold** 1
Diane Fuschetti

9:00 – 9:30 **Core Stability** 1
Maureen Campbell
(Class will be held in MMA Studio)

9:30 – 10:15 **Aqua Motion** LP
Diane Fuschetti

Special Event April 21
9:30 – 10:30 **Guess the Theme** 1
Maureen Campbell

9:30 –10:30 **Spinning®** 2
Maureen Campbell

9:30 – 10:30 **Zumba** 1
Lauren Castellano

10:30 – 11:30 **Body Pump™** 1
Jennifer Luehmann

5:30 – 6:30 **Yoga** 4
Carol Hudson

SATURDAY

8:00 – 9:00 **Spinning®** 2
Jennifer Luehmann

9:00 – 9:45 **Aqua Blast** LP
Jen Bane

9:00 – 10:00 **Sweat** 1
Maureen Campbell

10:00 – 11:00 **Pilates** 4
Maureen Campbell
(Pilates will be held April 8 & 22)

10:00 – 11:00 I AM BARRE 1
Maureen Campbell
(Barre will be held April 1, 15 & 29)

11:00 – 11:30 GRIT 1
Ashley

SUNDAY

8:00 – 8:45 **Spinning®** 2
Ashley Wyzan

Special Event April 30
9:00 – 9:30 GRIT 1
Jen/Ashley

9:00 – 9:30 **GRIT** 1
Ashley Wyzan

Special Event April 30
9:30 – 10:30 **Body Pump™ Launch** 1
Jen/Ashley

9:30 – 10:30 **Body Pump™** 1
Jennifer Luehmann

11:00 – 12:00 **Slow Flow Yoga** 4
Carol Hudson

IAM FITNESS

Child Care Hours:

Monday – Friday	9:00 AM to 12:00 PM
Monday – Thursday	4:00 PM to 9:00 PM
Friday	3:30 PM to 7:30 PM
Saturday	8:00 AM to 12:15 PM
Sunday	8:00 AM to 12:00 PM

1 = Group Fitness Studio 1 – Main level
2 = Spinning Room 2 – Second Level
3 = Stretch Area – Second Level
4= Old Spinning Room 2– Second Level
LP = Lap Pool – Main Level
Classes and instructors are subject to last minutes changes.
Cell Phones, iPods, iPads are not permitted in Group Fitness classes.
Class descriptions are available at the reception desk.

205 Harmony Road

Middletown, NJ 07748

www.IAMFitnessClub.com

P: (732) 671-4800

Find us on Facebook