



FITNESS

GROUP FITNESS SCHEDULE -JULY 2017

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

5:45 – 6:15	GRIT Jennifer Luehmann	1
8:30 – 9:15	Seniorcise Diane Fuschetti	1
9:30 – 10:15	Spinning® Heather Slavin	2
9:30 – 10:30	I AM DANCE Donna Haberman	1
9:30 – 10:15	Aqua Zumba Denise Kornblatt	LP
10:30 – 11:30	I AM BARRE Donna Haberman	1
10:30 – 11:30	Yoga Lisa Cronin	4
5:30 – 6:15	Tabata Boot Camp Maureen Campbell	
6:30 – 7:15	Spinning® Heather Slavin	2
6:30 – 7:30	Pilates Maureen Campbell	4
6:30 – 7:30	Zumba Tatiana Segovia	1
7:30 – 8:30	I AM BARRE Sharon Jacobowitz	1

FRIDAY

5:45 – 6:45	Spinning® Lauren Moore	2
8:30 – 9:15	Zumba Gold Diane Fuschetti	1
9:00 – 9:30	Core Stability Maureen Campbell (Class will be held in MMA Studio)	1
9:30 – 10:15	Aqua Motion Diane Fuschetti	LP
9:30 – 10:30	Spinning® Maureen Campbell	2
<u>Special Event</u> July 28		
9:30 – 10:30	Hip Hop Dance Lauren Castellano	1
9:30 – 10:30	Zumba Lauren Castellano	1
10:30 – 11:30	Body Pump™ Jennifer Luehmann	1

SATURDAY

8:00 – 9:00	Spinning® Jennifer Luehmann	2
9:00 – 9:45	Aqua Blast Jen Bane	LP
9:00 – 10:00	Sweat Maureen Campbell	1
10:00 – 11:00	Pilates Maureen Campbell (Pilates will be held July 1, 15 & 29)	4
10:00 – 11:00	I AM BARRE Maureen Campbell (Barre will be held July 8 & 22)	1

SUNDAY

8:00 – 8:45	Spinning® Danielle Carofine	2
<u>Special Event</u> July 16		
9:00 – 9:30	GRIT LAUNCH Ashley/Jen	1
9:00 – 9:30	GRIT Cardio Ashley Wyzan	1
<u>Special Event</u> July 16		
9:30 – 10:30	Body Pump Launch Ashley/Jen	1
9:30 – 10:30	Body Pump™ Jennifer Luehmann	1
11:00 – 12:00	Slow Flow Yoga Carol Hudson	4

I AM 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



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