



# FITNESS

## GROUP FITNESS SCHEDULE -OCTOBER 2017

### MONDAY

8:30 – 9:15	<b>Seniorcise</b> Diane Fuschetti	1
9:30 – 10:15	<b>Aqua Blast</b> Diane Fuschetti	LP
<u>Special Event</u> 9:30 – 10:15	<u>October 16</u> Guess the Theme Maureen Campbell	2
9:30 – 10:15	<b>H.I.I.T Spinning</b> Maureen Campbell	2
9:30 – 10:30	<b>I AM BARRE</b> Donna Haberman	1
10:30 – 11:30	<b>Chisel'd</b> Donna Haberman	1
4:30 – 5:30	<b>Zumba</b> Tatiana Segovia	1
5:30 – 6:30	<b>Interval Training</b> Jonathan Bagnatto	1
5:30 – 6:30	<b>Yoga</b> Carol Hudson	4
6:30 – 7:15	<b>Spinning®</b> Dalia Crocker	2
6:30 – 7:30	<b>Chisel'd</b> Donna Haberman	1
7:30 – 8:30	<b>KICKBOXING</b> Dalia Crocker	1

### TUESDAY

5:45 – 6:30	<b>Spinning®</b> Maureen Campbell	2
8:30 – 9:15	<b>Seniorcise</b> Diane Fuschetti	1
9:30 – 10:15	<b>Spinning®</b> Danielle Carofine	2
9:30 – 10:15	<b>Aqua Motion</b> Diane Fuschetti	LP
9:30 – 10:30	<b>Cardio Kickbox</b> Donna Haberman	1
10:30 – 11:30	<b>Mat Pilates</b> Donna Haberman	4
10:30 – 11:15	<b>Seniorcise</b> Diane Fuschetti	1
5:30 – 6:30	<b>I AM BARRE</b> Maureen Campbell	1
<u>Special Event</u> 6:30 – 7:15	<u>October 31</u> Spooky Spin Teresa/Dalia	2
6:30 – 7:15	<b>Spinning®</b> Teresa/Dalia	2
6:30 – 7:30	<b>Zumba</b> Paula Chiarello	1
7:30 – 8:30	<b>Fit to the Core</b> Dalia Crocker	1

### WEDNESDAY

5:45 – 6:30	<b>H.I.T.T. Spinning</b> Jennifer Luehmann	2
9:30 – 10:15	<b>Aqua Blast</b> Diane Fuschetti	LP
9:30 – 10:30	<b>Spinning®</b> Danielle Carofine	2
9:30 – 10:30	<b>Strong by Zumba</b> Jennifer Luehmann	1
10:30 – 11:30	<b>Strength Works</b> Donna Haberman	1
5:30 – 6:30	<b>Yoga</b> Christine Clark	4
5:30 – 6:30	<b>Strong by Zumba</b> Leigh Creighton	1
6:30 – 7:30	<b>Zumba</b> Sandy Molon	1
<u>Special Event</u> 7:00 – 8:00	<u>October 18</u> <b>Spin Power</b> Maureen Campbell	4
7:00 – 8:00	<b>Spinning®</b> Maureen Campbell	2
7:30 – 8:15	<b>Insanity</b> Dalia Crocker	1
8:15 – 9:00	<b>BodyPump Express</b> Ashley Wyzan	1

## THURSDAY

8:30 – 9:15	<b>Seniorcise</b> Diane Fuschetti	1
9:30 – 10:15	<b>Spinning®</b> Jennifer Luehmann	2
9:30 – 10:30	<b>I AM DANCE</b> Donna Haberman (I am Dance will be held 10/12 & 26)	1
9:30 – 10:30	<b>Kickboxing</b> Donna Haberman (Kickboxing will be held 10/5 & 19)	1
9:30 – 10:15	<b>Aqua Zumba</b> Denise Kornblatt	LP
10:30 – 11:30	<b>I AM BARRE</b> Donna Haberman	1
10:30 – 11:30	<b>Yoga</b> Lisa Cronin	4
5:30 – 6:15	<b>Tabata Boot Camp</b> Maureen Campbell	1
6:30 – 7:15	<b>Spinning®</b> Lois Miller	2
6:30 – 7:30	<b>Pilates</b> Maureen Campbell	4
6:30 – 7:30	<b>Zumba</b> Tatiana Segovia	1
7:30 – 8:30	<b>I AM BARRE</b> Sharon Jacobowitz	1

## FRIDAY

8:30 – 9:15	<b>Zumba Gold</b> Diane Fuschetti	1
9:00 – 9:30	<b>Core Stability</b> Maureen Campbell (Class will be held in MMA Studio)	1
9:30 – 10:15	<b>Aqua Motion</b> Diane Fuschetti	LP
9:30 – 10:30	<b>Spinning®</b> Maureen Campbell	2
Special Event	<u>October 27</u>	
9:30 – 10:30	<b>Zombie Zumba</b> Lauren Castellano	1
9:30 – 10:30	<b>Zumba</b> Lauren Castellano	1
10:30 – 11:30	<b>Body Pump™</b> Jennifer Luehmann	1
5:30 – 6:30	<b>Yoga</b> Carol Hudson	4

## SATURDAY

8:00 – 9:00	<b>Spinning®</b> Jennifer Luehmann	2
9:00 – 9:45	<b>Aqua Blast</b> Jen Bane	LP
Special Event	<u>October 28</u>	
9:00 – 10:00	<b>Outdoor Boot Camp</b> Maureen Campbell	1
9:00 – 10:00	<b>Sweat</b> Maureen Campbell	1
10:00 – 11:00	<b>Pilates</b> Maureen Campbell (Pilates will be held 10/ 14 & 28)	4
10:00 – 11:00	<b>I AM BARRE</b> Maureen Campbell (Barre will be held 10/7 & 21)	1

## SUNDAY

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

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[www.IAMFitnessClub.com](http://www.IAMFitnessClub.com)

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