

# 631-654-GYMS (4967) Mr.D's Ultimate Fitness Class Schedule

Effective: FEB 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>6:00 JENNIFER BOOTCAMP</b> Outside weather permitting	<b>6:00 Jennifer BODYSCULPT</b>	<b>6:00 JENNIFER ULTIMATE CYCLE + ABS</b>	<b>6:00 Jennifer PILATES</b>	<b>7:15 Jennifer ULTIMATE CYCLE</b>	
<b>8:00 Diane YOGA</b>	<b>8:30 Sue CORE STRENGTH VINYASA</b>	<b>8:00 Diane YOGA</b>	<b>8:00 Diane YOGA</b>		<b>8:30. Jennifer BODYSCULPT</b>	<b>8:00 Jessica ULTIMATE CYCLE</b>
<b>9:30 Nancy ULTIMATE CYCLING</b>		<b>9:30-11 MARIE CARDIOSCULPT</b>	<b>9:30 JENNIFER PILATES</b>	<b>9:30-11 Michelle ULTIMATE CONDITIONING</b>	<b>9:30 ADRIENNE ULTIMATE CYCLE</b>	<b>9:00 Sue YOGA</b>
<b>10:30 Nancy BODYSCULPT</b>					<b>10:30 GINA ZUMBA</b>	<b>10:15 Amanda KERBOOMKA</b>
<b>11:45 Michelle SILVERSNEAKERS</b>	<b>11:15 Marie SILVERSNEAKERS</b>	<b>11:15 Michelle SILVERSNEAKERS</b>		<b>11:15 Michelle SILVERSNEAKERS</b>		
<b>4:00 Stephanie ULTIMATE CYCLE</b>	<b>5:00. Laura PILATES</b>	<b>5:00 Karen BODYSCULPT</b>			<b>ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP!!!</b>	<b>NO SIGN UP REQUIRED!!!</b>
<b>5:00 Jennifer BODYSCULPT</b>	<b>6:00 Victoria ULTIMATE CYCLE</b>		<b>6:00 Gina ZUMBA</b>			
<b>7:15 Samantha ZUMBA</b>	<b>7:00 Alyssa ZUMBA</b>	<b>7:00 Victoria ULTIMATE CYCLE</b>				
<p><b>ULTIMATE CYCLING:</b> An Indoor Group cycling class. Come &amp; get the ride of your life <b>BOOTCAMP:</b> A mix of cardio (Cardio machines in the gym, outside in warm weather) &amp; muscle conditioning &amp; cardio drills that changes weekly. All levels welcome!!</p>		<p><b>YOGA:</b> Designed to teach basic yoga postures, increase flexibility, strength and skill level while focusing on breathing, relaxation and strength. <b>ULTIMATE CYCLE AND ABS:</b> 45 minutes of cycling with added abdominal work for the last 15 minutes!! <b>BODYSCULPT:</b> full body w/o designed to strengthen and tone the upper &amp; lower body.</p>		<p><b>ULTIMATE CONDITIONING:</b> A 1 ½ hour class combining 45 minutes Cycle, 30 min upper body and 15 min of abs. <b>PILATES:</b> Mat class designed to strengthen and lengthen back, abdominals, hips, gluts, thighs, upper body, pelvic girdle, and spine. Will build strength, increase flexibility and agility, &amp; enhance posture.</p>		<p><b>CORE STRENGTH VINYASA YOGA:</b>use the "core" most efficiently to gain the maximum yoga benefits (calorie burn, strength, flexibility, focus, self-awareness, confidence...) in the least amount of time. <b>ZUMBA:</b> One exciting hour of calorie-burning, body-energizing, movements meant to engage and captivate for life! Latin inspired dance class! No dance experience needed! Come in to sweat &amp; have fun! <b>KERBOOMKA:</b> Hip-hop inspired dance cardio class! You will sweat, burn calories, twist and work your abs! So much fun you have to try!</p>