

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

Effective: Jan2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 JENNIFER BOOTCAMP Outside weather permitting	6:00 Jennifer BODYSCULPT	6:00 JENNIFER ULTIMATE CYCLE + ABS	6:00 Jennifer PILATES	7:15 Jennifer ULTIMATE CYCLE	
8:00 Diane YOGA	8:30 Sue CORE STRENGTH VINYASA	8:00 Diane YOGA	8:00 Diane YOGA		8:30. Jennifer BODYSCULPT	8:00 Jessica ULTIMATE CYCLE
9:30 Nancy ULTIMATE CYCLING		9:30-11 MARIE CARDIOSCULPT	9:30 JENNIFER PILATES	9:30-11 Michelle ULTIMATE CONDITIONING	9:30 ADRIENNE ULTIMATE CYCLE	9:00 Sue YOGA
10:30 Nancy BODYSCULPT					10:30 GINA ZUMBA	10:15 Amanda KERBOOMKA
11:45 Michelle SILVERSNEAKERS	11:15 Marie SILVERSNEAKERS	11:15 Michelle SILVERSNEAKERS		11:15 Michelle SILVERSNEAKERS		
4:00 Stephanie ULTIMATE CYCLE						
5:00 Jennifer BODYSCULPT	5:00. Laura PILATES	5:00 Karen BODYSCULPT			ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP!!!	NO SIGN UP REQUIRED!!!
6:00 Jen ULTIMATE CYCLE	6:00 Victoria ULTIMATE CYCLE	6:00 Amanda KERBOOMKA	6:00 Gina ZUMBA			
7:15 Samantha ZUMBA	7:00 Alyssa ZUMBA	7:00 Victoria ULTIMATE CYCLE				

ULTIMATE CYCLING: An Indoor Group cycling class. Come & get the ride of your life **BOOTCAMP:** A mix of cardio (Cardio machines in the gym, outside in warm weather) & muscle conditioning & cardio drills that changes weekly. All levels welcome!!

YOGA: Designed to teach basic yoga postures, increase flexibility, strength and skill level while focusing on breathing, relaxation and strength. **ULTIMATE CYCLE AND ABS:** 45 minutes of cycling with added abdominal work for the last 15 minutes!! **BODYSCULPT:** full body w/o designed to strengthen and tone the upper & lower body.

ULTIMATE CONDITIONING: A 1 ½ hour class combining 45 minutes Cycle, 30 min upper body and 15 min of abs. **PILATES:** 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, & enhance posture.

CORE STRENGTH VINYASA YOGA: 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. **ZUMBA:** 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 & have fun! **KERBOOMKA:** Hip-hop inspired dance cardio class! You will sweat, burn calories, twist and work your abs! So much fun you have to try!

