

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

Effective: 3/19

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. Laura PILATES	5:00 Karen BODYSCULPT			ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP!!!	NO SIGN UP REQUIRED!!!
5:00 Jennifer BODYSCULPT	6:00 Victoria ULTIMATE CYCLE		6:00 Gina ZUMBA			
7:00 Samantha ZUMBA	7:00 Alyssa ZUMBA	7:00 Victoria ULTIMATE CYCLE				
<p>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!!</p>		<p>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.</p>		<p>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.</p>		<p>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!</p>