



FITNESS

GROUP FITNESS SCHEDULE - MARCH 2018

MONDAY

5:30 - 6:15	Spinning® Liz D'Amore	2
8:30 - 9:15	Seniorcise Diane Fuschetti	1
9:30 - 10:15	Aqua Blast Diane Fuschetti	LP
9:30 - 10:15	H.I.I.T Spinning Maureen Campbell	2
9:30 - 10:30	I AM BARRE Donna Haberman	1
10:30 - 11:30	Chisel'd Donna Haberman	1
4:30 - 5:30	Zumba Tatiana Segovia	1
5:30 - 6:30	Fitness Fusion Jonathan Bagnatto	1
5:30 - 6:30	Yoga Carol Hudson	4
6:30 - 7:30	Intense Conditioning David Davidson	1
6:30 - 7:15	Spinning® Dalia Crocker	2
7:30 - 8:30	Cardio Kickboxing Dalia Crocker (Class held 3/3, 17 & 31)	1
7:30 - 8:30	Insanity Dalia Crocker (Class held 3/10 & 24)	1

TUESDAY

5:45 - 6:30	Spinning® Maureen Campbell	2
8:30 - 9:15	Seniorcise Diane Fuschetti	1
9:30 - 10:15	Spinning® Danielle Carofine	2
9:30 - 10:15	Aqua Motion Diane Fuschetti	LP
9:30 - 10:30	Cardio Kickboxing Donna Haberman	1
10:30 - 11:30	Mat Pilates Donna Haberman	4
10:30 - 11:15	Seniorcise Diane Fuschetti	1
5:30 - 6:30	I AM BARRE Maureen Campbell	1
6:30 - 7:15	Spinning® Teresa/Dalia	2
6:30 - 7:30	Zumba Paula Chiarello	1
7:30 - 8:30	Strength Works Dalia Crocker	1

WEDNESDAY

5:45 - 6:30	H.I.T.T. Spinning Jennifer Luehmann	2
9:30 - 10:15	Aqua Blast Diane Fuschetti	LP
9:30 - 10:30	Spinning® Danielle Carofine	2
9:30 - 10:30	Fitness Fusion Jennifer Luehmann	1
10:30 - 11:30	Strength Works Donna Haberman	1
5:30 - 6:30	Yoga Christine Clark	4
6:00 - 7:00	Intense Conditioning David Davidson	1
6:00 - 7:00	Spinning® Maureen Campbell	2
7:00 - 8:00	Zumba Lauren Castellano	1
8:00 - 9:00	Body Pump™ Ashley Wyzan	1

THURSDAY

8:30 – 9:15	Seniorcise Diane Fuschetti	1
9:30 – 10:15	Spinning® Jennifer Luehmann	2
9:30 – 10:30	Cardio Kickboxing 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 Maureen Campbell	1
6:30 – 7:15	Spinning® Lois Miller	2
6:30 – 7:30	Pilates Maureen Campbell	4
6:30 – 7:30	Zumba Tatiana Segovia	1

FRIDAY

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
9:30 – 10:30	Zumba Lauren Castellano	1
10:30 – 11:30	Body Pump™ Jennifer Luehmann	1
5:30 – 6:30	Yoga Carol Hudson	4

SATURDAY

7:30 – 8:30	Fitness Fusion David Davidson	1
<u>Special Event</u> <u>March 17</u>		
8:00 – 9:00	Lucky Spin Lois Miller	2
8:00 – 9:00	Spinning® Jennifer Luehmann	2
<u>Special Event</u> <u>March 24</u> Piloxing Maureen Campbell		
9:00 – 10:00	Sweat Maureen Campbell	1
9:30 – 10:15	Aqua Blast Jen Bane	LP
10:00 – 11:00	Pilates Maureen Campbell (Pilates held 3/10)	4
10:00 – 11:00	I AM BARRE Maureen Campbell (Barre held 3/3, 17 & 31)	1
11:00 – 12:00	Zumba Tatiana Segovia	1

SUNDAY

8:00 – 9:00	Spinning® Danielle Carofine	2
9:00 – 9:30	GRIT Cardio Ashley Wyzan	1
9:30 – 10:30	Body Pump™ Jennifer Luehmann	1
11:00 – 12:00	Slow Flow Yoga Carol Hudson	4
<u>Special Event</u> <u>March 11</u> 3:00 – 4:00 Yoga Nidra Carol Hudson		

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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