



FITNESS

GROUP FITNESS SCHEDULE -JUNE 2018

MONDAY

5:30 - 6:15 **Spinning®** 2
Liz D'Amore

Special Event June 4

8:30 - 9:15 **Anti Age Stretch Yoga** 1
Carol Hudson

8:30 - 9:15 **Seniorcise** 1
Diane Fuschetti

9:30 - 10:15 **Aqua Blast** LP
Diane Fuschetti

9:30 - 10:15 **H.I.I.T Spinning** 2
Maureen Campbell

9:30 - 10:30 **I AM BARRE** 1
Donna Haberman

10:30 - 11:30 **Chisel'd** 1
Donna Haberman

4:30 - 5:30 **Zumba** 1
Tatiana Segovia

5:30 - 6:30 **Fitness Fusion** 1
David Davidson

5:30 - 6:30 **Yoga** 4
Carol Hudson

6:30 - 7:30 **Intense Conditioning** 1
David Davidson

6:30 - 7:15 **Spinning®** 2
Dalia Crocker

7:30 - 8:30 **Cardio Kickboxing** 1
\ Dalia Crocker

TUESDAY

5:45 - 6:30 **Spinning®** 2
Maureen Campbell

8:30 - 9:15 **Seniorcise** 1
Diane Fuschetti

9:30 - 10:15 **Spinning®** 2
Danielle Carofine

9:30 - 10:15 **Aqua Motion** LP
Diane Fuschetti

9:30 - 10:30 **Cardio Kickboxing** 1
Donna Haberman

10:30 - 11:30 **Mat Pilates** 4
Donna Haberman

10:30 - 11:15 **Seniorcise** 1
Diane Fuschetti

5:30 - 6:30 **I AM BARRE** 1
Maureen Campbell

6:30 - 7:15 **Spinning®** 2
Teresa/Dalia

6:30 - 7:30 **Zumba** 1
Paula Chiarello

7:30 - 8:30 **Strength Works** 1
Dalia Crocker

WEDNESDAY

5:45 - 6:30 **H.I.T.T. Spinning** 2
Jennifer Luehmann

9:30 - 10:15 **Aqua Blast** LP
Diane Fuschetti

9:30 - 10:30 **Spinning®** 2
Danielle Carofine

9:30 - 10:30 **Fitness Fusion** 1
Jennifer Luehmann

10:30 - 11:30 **Strength Works** 1
Donna Haberman

5:30 - 6:30 **Yoga** 4
Christine Clark

6:00 - 7:00 **Intense Conditioning** 1
David Davidson

7:00 - 8:00 **Zumba** 1
Leigh Creighton

8:00 - 9:00 **Body Pump™** 1
Ashley Wyzan

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	Pilates Denise Kornblatt	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 Andrea Day	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
8:00 – 9:00	Spinning® Jennifer Luehmann	2
<u>Special Event June 23</u>		
9:00 – 10:00	Outdoor Boot Camp Maureen Campbell	1
9:00 – 10:00	Sweat Maureen Campbell	1
9:30 – 10:15	Aqua Blast Jen Bane	LP
10:00 – 11:00	Pilates/ I AM BARRE. Maureen Campbell	4 1
<u>Special Event June 16</u>		
10:30 – 12:00	Zumba Master Class. Tatiana Segovia	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

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

*Due to pool renovations all Aqua classes are suspended until construction is completed.

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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