



FITNESS

GROUP FITNESS SCHEDULE -SEPTEMBER 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 David Davidson	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
<u>Special Event</u> <u>September 24</u> 7:30 - 8:15	Insanity Dalia Crocker	1
7:30 - 8:30	Cardio Kickboxing Dalia Crocker	1

(Class will not be held 9/24)

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 Andrea Day	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
7:00 - 8:00	Zumba Leigh Creighton	1
8:00 - 9:00	Body Pump™ Ashley Wyzan	1

(Class will not be held 9/26)

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 Denise Kornblatt	4
5:30 – 6:15	Tabata Maureen Campbell	1
6:30 – 7:15	Spinning® Lois Miller	2
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 (Class begins Sept. 14)	1

SATURDAY

7:30 – 8:30	Fitness Fusion David Davidson	1
<u>Special Event</u> <u>September 8</u>		
8:00–9:00	Motown Revisited Spin Jennifer Luehmann	2
8:00 – 9:00	Spinning® Jennifer Luehmann	2
9:00 – 10:00	Sweat Maureen Campbell	1
9:30 – 10:15	Aqua Blast Roberta Sharp	LP
10:00 – 11:00	Pilates/ I AM BARRE. Maureen Campbell	4 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	4:00 PM to 8:30 PM
Tuesday	4:00 PM to 8:30 PM
Wednesday	4:00 PM to 9:00 PM
Thursday	4:00 PM to 8:30 PM
Friday	4:00 PM to 7:00 PM
Saturday	9:00 AM to 12:00 PM
Sunday	9:00 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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