



FITNESS

GROUP FITNESS SCHEDULE -October 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>October 6</u>		
7:30 - 8:15	Cize Dalia Crocker	1
7:30 - 8:30	Boot Camp Dalia Crocker	1

(Class will not be held 10/22)

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 10/3)

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
<u>Special Event</u> October 5, 12, 19 & 26		
9:30–10:30	Rocktoberfest Spin Maureen Campbell	4
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	1

SATURDAY

7:30 – 8:30	Fitness Fusion David Davidson	1
8:00 – 9:00	Spinning® Jennifer Luehmann	2
<u>Special Event</u> October 20		
9:00–10:00	Outdoor Boot Camp Maureen Campbell	1
9:00 – 10:00	Sweat Maureen Campbell (Class will not be held 10/20 for special event)	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 (Class will not be held 10/20 for special event)	1

SUNDAY

8:00 – 9:00	Spinning® Danielle Carofine	2
<u>Special Event</u> October 28		
9:30–10:30	Body Pump™ Launch Jennifer/Ashley	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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