



# FITNESS

## GROUP FITNESS/SMALL GROUP TRAINING SCHEDULE - April 2019

### MONDAY

5:30 - 6:15	<b>Spinning®</b> Liz D'Amore	2
8:30 - 9:15	<b>Seniorcise</b> Diane Fuschetti	1
9:30 - 10:15	<b>Aqua Blast</b> Diane Fuschetti	LP
9:30 - 10:15	<b>H.I.I.T Spinning</b> Maureen Campbell	2
9:30 - 10:30	<b>I AM BARRE</b> Donna Haberman	1
10:30 - 11:30	<b>Chisel'd</b> Donna Haberman	1
4:30 - 5:30	<b>Zumba</b> Tatiana Segovia	1
5:30 - 6:30	<b>Fitness Fusion</b> David Davidson	TS
5:30 - 6:30	<b>Yoga</b> Carol Hudson	1
6:30 - 7:30	<b>Intense Conditioning</b> David Davidson	1
6:30 - 7:15	<b>Spinning®</b> Dalia Crocker	2

### TUESDAY

5:45 - 6:30	<b>Spinning®</b> Maureen Campbell	2
8:30 - 9:15	<b>Seniorcise</b> Diane Fuschetti	1
9:30 - 10:15	<b>Spinning®</b> Danielle Carofine	2
<b>9:30 - 10:30</b>	<b><u>XLR8</u></b> <b>Ground &amp; Pound**</b> <b>David Davidson MMA</b>	
9:30 - 10:15	<b>Aqua Motion</b> Diane Fuschetti	LP
9:30 - 10:30	<b>Cardio Kickboxing</b> Donna Haberman	1
10:30 - 11:30	<b>Mat Pilates</b> Donna Haberman	MMA
10:30 - 11:15	<b>Seniorcise</b> Diane Fuschetti	1
5:30 - 6:30	<b>Sweat Express</b> Maureen Campbell	1
6:00 - 6:45	<b>Aqua Zumba</b> Tatiana Segovia	LP
6:30 - 7:15	<b>Spinning®</b> Dalia Crocker	2
<b>6:30 - 7:30</b>	<b><u>XLR8</u></b> <b>Ground &amp; Pound**</b> <b>David Davidson</b>	1
7:30 - 8:30	<b>Strength Works</b> Dalia Crocker	1

### WEDNESDAY

5:45 - 6:30	<b>H.I.T.T. Spinning</b> Jennifer Luehmann	2
9:30 - 10:15	<b>Aqua Blast</b> Diane Fuschetti	LP
9:30 - 10:30	<b>Spinning®</b> Danielle Carofine	2
9:30 - 10:30	<b>Sweat</b> Jennifer Luehmann	1
10:30 - 11:30	<b>Strength Works</b> Donna Haberman	1
5:30 - 6:30	<b>Yoga</b> Michelle Ungano	1
6:00 - 7:00	<b>Intense Conditioning</b> David Davidson	TS

## THURSDAY

8:30 – 9:15	<b>Seniorcise</b> Diane Fuschetti	1
9:30 – 10:15	<b>Spinning®</b> Jennifer Luehmann	2
9:30 – 10:30	<b>Cardio Kickboxing</b> Donna Haberman	1
9:30 – 10:15	<b>Aqua Zumba</b> Denise Kornblatt	LP
<b>9:30 - 10:30</b>	<b><u>XLR8</u> Ground &amp; Pound** David Davidson MMA</b>	
10:30 – 11:30	<b>I AM BARRE</b> Donna Haberman	1
10:30 – 11:30	<b>Yoga</b> Denise Kornblatt	MMA
5:30 – 6:15	<b>Tabata</b> Maureen Campbell	1
6:30 – 7:15	<b>Spinning®</b> Lois Miller	2
6:30 – 7:30	<b>Zumba</b> Tatiana Segovia	1
<b>6:30 - 7:30</b>	<b><u>XLR8</u> Brazilian jiu-jitsu** Cabeza MMA</b>	

## FRIDAY

8:30 – 9:15	<b>Zumba Gold</b> Diane Fuschetti	1
9:00 – 9:30	<b>Core Stability. MMA</b> Maureen Campbell	
9:30 – 10:15	<b>Aqua Motion</b> Diane Fuschetti	LP
9:30 – 10:30	<b>Spinning®</b> Maureen Campbell	2
9:30 – 10:30	<b>Zumba</b> Andrea Day	1
10:30 – 11:30	<b>Body Pump™</b> Jennifer Luehmann	1
5:30 – 6:30	<b>YOGA</b> Carol Hudson	1
<b>5:30 - 6:30</b>	<b><u>XLR8</u> Ground &amp; Pound** David Davidson TS</b>	

## SATURDAY

7:30 – 8:30	<b>Fitness Fusion.</b> David Davidson	1
8:00 – 9:00	<b>Spinning®</b> Jennifer Luehmann	2
9:00 – 10:00	<b>Sweat</b> Maureen Campbell	1
9:30 – 10:15	<b>Aqua Blast</b> Jean Sharp	LP
10:00 – 11:00	<b>Pilates/ I AM BARRE.</b> Maureen Campbell	4 1
11:00 – 12:00	<b>Zumba.</b> Tatiana Segovia	1

## SUNDAY

8:00 – 9:00	<b>Spinning®</b> Danielle Carofine	2
<b>8:00 9:00</b>	<b><u>XLR8</u> Ground &amp; Pound** David Davidson MMA</b>	
9:30 – 10:30	<b>Body Pump™</b> Jennifer Luehmann	1
11:00 – 12:00	<b>Yoga.</b> Carol Hudson	1

# IAM 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 8:30 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
Phyllis Zenda, Group Fitness Manager	

1 = Group Fitness Studio 1 – Main level

2 = Spinning Room 2 – Second Level

MMA= Martial Arts Studio– Main Level

TS= Temporary Studio– 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.

**\*\*Small Group Training Fee Applies**

205 Harmony Road  
 Middletown, NJ 07748  
[www.IAMFitnessClub.com](http://www.IAMFitnessClub.com)  
 P: (732) 671-4800

