



# FITNESS

## GROUP FITNESS/SMALL GROUP TRAINING SCHEDULE – DECEMBER

### 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><u>XLR8</u></b>	
<b>9:30 - 10:30</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
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10:30 – 11:30	<b>Mat Pilates</b> Donna Haberman	MMA
10:30 – 11:15	<b>Seniorcise</b> Diane Fuschetti	1
5:30 – 6:15	<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><u>XLR8</u></b>	
<b>6:30 - 7:30</b>	<b>Ground &amp; Pound**</b> <b>David Davidson</b>	1

### WEDNESDAY

5:45 – 6:30	<b>H.I.T.T. Spinning</b> Jennifer Luehmann	2
8:30 – 9:30	<b>TOTAL BODYWORX.</b> Donna Haberman	1
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
4:30 – 5:30	<b>BARRE INTENSITY</b> Donna Haberman	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

### XLR8

**9:30 - 10:30** **Ground & Pound\*\***  
**David Davidson MMA**

10:30 – 11:30. **PIYO** 1  
Jennifer Luehmann

5:30 – 6:15 **Sweat Express** 1  
Maureen Campbell

6:30 – 7:15 **Spinning®** 2  
Lois Miller

6:30 – 7:30 **Zumba** 1  
Tatiana Segovia

### XLR8

**6:30 - 7:30** **Brazilian jiu-jitsu\*\***  
**Cabeza MMA**

## FRIDAY

8:30 – 9:15 **Zumba Gold** 1  
Diane Fuschetti

9:00 – 9:30 **Core Stability. MMA**  
Maureen Campbell

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

9:30 – 10:30 **Spinning®** 2  
Maureen Campbell

9:30 – 10:30 **Zumba** 1  
Andrea Day

10:30 – 11:30 **Body Pump™** 1  
Jennifer Luehmann

5:30 – 6:30. **Yoga**  
Carol Hudson

### XLR8

**5:30 - 6:30** **Ground & Pound\*\***  
**David Davidson TS**

## SATURDAY

7:30 – 8:30 **Fitness Fusion.** 1  
David Davidson

8:00 – 9:00 **Spinning®** 2  
Jennifer Luehmann

9:00 – 10:00 **Sweat** 1  
Maureen Campbell

9:30 – 10:15 **Aqua Blast** LP  
Jean Sharp

10:00– 11:00 **Pilates/** 4  
**I AM BARRE.** 1  
Maureen Campbell

11:00 – 12:00 **Zumba.** 1  
Tatiana Segovia

## SUNDAY

8:00 – 9:00 **Spinning®** 2  
Danielle Carofine

**8:00 9:00** **XLR8**  
**Ground & Pound\*\***  
**David Davidson MMA**

9:00 – 10:00 **Body Pump™** 1  
Jennifer Luehmann

10:00 – 11:00 **Yoga.** 1  
Carol Hudson

# 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
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

