



FITNESS

GROUP FITNESS/SMALL GROUP TRAINING SCHEDULE – MARCH 2020

MONDAY

5:45 – 6:30	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	TS
5:30 – 6:30	Yoga Carol Hudson	1
6:30 – 7:30	Intense Conditioning David Davidson	1
6:30 – 7:15	Spinning® Dalia Crocker	2

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

WEDNESDAY

5:45 – 6:30	H.I.T.T. Spinning Jennifer Luehmann	2
8:30 – 9:30	TOTAL BODYWORX. Donna Haberman	1
9:30 – 10:15	Aqua Blast Diane Fuschetti	LP
9:30 – 10:30	Spinning® Danielle Carofine	2
9:30 – 10:30	Sweat Jennifer Luehmann	1
10:30 – 11:30	Strength Works Donna Haberman	1
4:30 – 5:30	BARRE INTENSITY Donna Haberman	1
6:00 – 7:00	Intense Conditioning David Davidson	TS

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

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
P: (732) 671-4800

