



FITNESS

GROUP FITNESS/SMALL GROUP TRAINING SCHEDULE – NOVEMBER

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 | 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 |
| 10:30 – 11:30 | Mat Pilates Donna Haberman | MMA |
| 10:30 – 11:15 | Seniorcise Diane Fuschetti | 1 |
| 5:30 – 6:15 | Sweat Express Maureen Campbell | 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 |
| 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 **I AM BARRE** 1
Donna Haberman
(November 7 only)

10:30 – 11:30 **PIYO** 1
Jennifer Luehmann
(Begins November 14)

5:30 – 6:15 **Tabata** 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****

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

