



FITNESS

GROUP FITNESS/SMALL GROUP TRAINING SCHEDULE – SEPTEMBER

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
9:30 - 10:30	<u>XLR8</u> 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
6:30 - 7:30	<u>XLR8</u> Ground & Pound** David Davidson	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	Sweat Jennifer Luehmann	1
10:30 – 11:30	Strength Works 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
9:30 - 10:30	<u>XLR8</u> Ground & Pound** David Davidson MMA	
10:30 – 11:30	I AM BARRE Donna Haberman	1
5:30 – 6:15	Tabata Maureen Campbell	1
6:30 – 7:15	Spinning® Lois Miller	2
6:30 – 7:30	Zumba Tatiana Segovia	1
6:30 - 7:30	<u>XLR8</u> Brazilian jiu-jitsu** Cabeza MMA	

FRIDAY

8:30 – 9:15	Zumba Gold Diane Fuschetti	1
9:00 – 9:30	Core Stability. MMA Maureen Campbell	
9:30 – 10:15	Aqua Motion Diane Fuschetti	LP
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	
5:30 - 6:30	<u>XLR8</u> Ground & Pound** David Davidson TS	

SATURDAY

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

SUNDAY

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

