



## GROUPX SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6:45am and 6:45pm Boot Camp Classes, Plus Saturday HIIT Classes with Kristen Miedreich. Contact Kristen for more info &amp; to sign-up  <a href="mailto:krismied2@aol.com">krismied2@aol.com</a> 845-507-2400</b></p>					
9:30AM-10:30AM  <b>SERENITY YOGA</b> <b>VIRTUAL</b> <b>LOUISE</b> <b>MONTHLY OR PAID IN FULL</b> <b>MEMBERS ONLY</b>					
<p><b>11:30am classes: Yoga Flow &amp; Functional Fitness</b>  <b>10:30am Pilates fusion.</b>  <b>Contact Rose Freeman 201.638.0949 for more info and to sign up</b></p>					
	5:30PM-6:30PM  <b>SERENITY YOGA</b> <b>LOUISE</b> <b>INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE</b>	5:30PM-6:30PM  <b>PILATES FUSION</b> <b>CANCELLED UNTIL FURTHER NOTICE</b>	5:30PM - 6:30PM  <b>TOTAL BODY</b> <b>MARYGRACE</b> <b>INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE</b>	5:30PM-6:30PM  <b>SERENITY YOGA</b> <b>LOUISE</b> <b>INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE</b>	5:30PM-6:30PM  <b>INTENSE TONE</b> <b>MARYGRACE</b> <b>INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE</b>

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