



GROUPX SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45am and 6:45pm Boot Camp Classes, Plus Saturday HIIT Classes with Kristen Miedreich. Contact Kristen for more info & to sign-up krismied2@aol.com 845-507-2400					
9:30AM-10:30AM SERENITY YOGA VIRTUAL LOUISE MONTHLY OR PAID IN FULL MEMBERS ONLY					
11:30am classes: Yoga Flow & Functional Fitness 10:30am Pilates fusion. Contact Rose for more info and to sign up freemanfunfit@yahoo.com 201-638-0949					
	5:30PM-6:30PM SERENITY YOGA LOUISE INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM-6:30PM PILATES FUSION BEVERLY INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM - 6:30PM TOTAL BODY MARYGRACE INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM-6:30PM SERENITY YOGA LOUISE INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM-6:30PM INTENSE TONE MARYGRACE INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE

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