








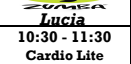




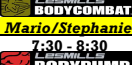

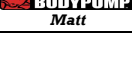










RWJ Rahway, JAN, 2018

	STUDIO 1	STUDIO 2	CYCLE	AQUA		STUDIO 1	STUDIO 2	CYCLE	AQUA	
Monday	5:30 - 6:30 Bootcamp Steve				Tuesday	5:30-6:30 HIT Marcia			5:30-6:30 Master Swim (L)	
	9:30 - 10:30 Athletic Step Janice	9:00 - 10:00 Cardio Lite Lance				9:15-10:00  Debbie/Lucia	8:30 - 9:30 Yogalates Nuntya	9:30-10:30 Cycle Marijo	9:00 - 10:00 H2O Blast (L) Joan	
	10:30 - 11:30  BOBYPUMP Joe	10:00 - 11:00 Arthritis Exercise Laura Vagie	9:30 - 10:30 Cycle Megan	9:00 - 10:00 H2O Blast (L) Paula		10:00 - 10:30 30 Min Abs Debbie	10:30 - 11:30 Get Active Suzannah		10:00 - 11:00 Lite Splash (T) Joan	
	11:30-12:30 Lite Latin Nik			10:00 - 11:00 Lite Splash (T) Paula		11:30-12:30 Pilates Mat Kate	10:30-11:30 Chair Yoga Nuntya			
	4:30 - 5:00  BODYCOMBAT Elisa									
	5:00 - 6:00  BOBYPUMP Chris	5:00 - 6:00 Vinyasa Yoga Nuntya	5:30 - 6:00 HIIT (CYCLE) Elisa	1:00 - 4:30 Physical (T)		4:00-5:00 Nia Lori Lynn			5:15 - 6:00 (L) Aqua Fusion Joan	
	6:00 - 7:00  BOBYPUMP Matt	6:00 - 7:00 Wilpower Tara				5:00-6:00 PIYO Asia			6:00 - 7:00 Aqua Pilates (T) Barbara	
	7:00-7:45  ZUMBA Lucia/Debbie	7:00 - 8:00 Pilates Mat Kathy	6:30 - 7:30 Cycle Marijo	5:00-7:00 Swim Team (L)		6:00-7:00 X-Treme Sculpt Suzannah	6:00 - 7:00 Pilates Mat Nuntya		6:00-7:00 Competitive Stroke (L)	
	7:45-8:15 PUMP 8:15-8:45 ATTACK Reeshemah	8:15 - 9:15 Vinyasa Yoga Karen				7:00-8:00  BODYHIIT Lauren				
						8:00-8:30 HEAVY BAG Albert	8:00-9:00  ZUMBA Marcia			
Wednesday	STUDIO 1	STUDIO 2	CYCLE	AQUA	Thursday	STUDIO 1	STUDIO 2	CYCLE	AQUA	
	5:30-6:30 H.E.A.T. Steve	5:30-6:30 Hatha Yoga Leah	5:30 - 6:30 Cycle Marijo/Megan			5:45 - 6:45  BOBYPUMP Jodi	5:30-6:30 Grit/Met Con 30 Lance			9:00-10:00 H2O Blast (L) Stephanie
	8:30 - 9:30 Bootcamp Renee	9:00 - 10:30 Vinyasa Yoga Michelle	9:30 - 10:30 Cycle Lance			8:45 - 9:15 GRIT Joe	8:00-8:45 Chair Fitness Stephanie			10:00-10:30 (L) ZUMBA Debbie
	9:30 - 10:30  ZUMBA Lucia	10:30 - 11:00 Stretch Deb/Lucia		9:30 - 10:30 Aqua Mix (L) Jan		9:25 - 10:25am  BOBYPUMP Joe	9:30-10:30  BODYCOMBAT Katie	9:30-10:30 Cycle Cathy		10:30 - 11:30 Aqua Pilates (T) Laura
	10:30 - 11:30 Cardio Lite Jenny	11:00-11:30 Pilates Barre Deb/Lucia		10:30 - 11:30 Lite Splash (T) Jan		10:30-11:00 Foam Roller Janice				11:30-12:30 Healthy Backs (T) Laura
	11:45 - 12:15 Heavy Bag Debbie	12:00-1:00 Tai Chi Arthritis Laura				11:05-12:05 Get Active Lance	10:30 - 11:30 Pilates Mat Kathy			
	4:30 - 5:30  BOBYPUMP Lauren	4:00-5:00 Yoga Lite Rosalee		1:00 - 4:30 Physical (T)		4:30-5:30 Stability Ball Mix Linda	1:00-2:00 Arthritis Exercise Laura			
	5:30 - 6:30 POUND Jenna	5:15 - 6:15 Alignment Yoga Rosalee	5:00-6:00 CYCLE Lance			5:30-6:30  ZUMBA Debbie	5:30 - 6:30 PIYO Chris		1:00 - 4:30 Physical Therapy (T)	
	6:30 - 7:00 GRIT Chris	6:30-7:30 Pilates Barre Debbie		5:00-7:00 Swim Team (L)		6:30-7:30  BODYCOMBAT Mario/Stephanie				
	7:00 - 7:30  EXWORKS Chris	7:30-8:30 Power Yoqa Sharon				7:30 - 8:30  BOBYPUMP Matt	7:30 - 8:30 Bollywood Leanne	6:00-7:00 Cycle Megan	5:00-7:00 Swim Team (L)	
Friday	STUDIO 1	STUDIO 2	CYCLE	AQUA	Saturday	STUDIO 1	STUDIO 2	CYCLE	AQUA	
	5:30-6:30 Bootcamp Steve					8:30 - 9:15 Wilpower Tara	8:00-9:00 Cycle Marcia	7:00-8:00 Master Swim (L)		
	8:45 - 9:30 X-Treme Sculpt Jenny	8:30 - 9:30 Chair Yoga Jenna				7:45 - 8:45 PUMP/ATTACK Lauren	9:15 - 10:00 Pilates Mat Tara	9:00 - 10:00 Cycle Tom	8:00-9:00 Swim Team (L)	
	9:30 - 10:30  BODYCOMBAT Joe	9:30 - 10:30 Vinyasa Yoga Nuntya	9:30 - 10:30 Cycle Marijo	9:30 - 10:30 H2O Blast (L) Paula		8:45 - 9:45 Athletic Step Alicia	10:00 - 11:00 Power Yoga Rosalee		9:00 - 10:00 H2O Blast (L) Cathy	
	10:30 - 11:30 Yogalates Chara	10:30 - 11:30 Arthritis Exercise Nuntya		10:30 - 11:30 Lite Splash (T) Paula		9:45 - 10:30  ZUMBA Jenna			10:00-11:00 Lite Splash (T) Lisa	
						10:30 - 11:30  BOBYPUMP Reeshemah			10:00-11:00 Competitive Stroke (L)	
	11:30-12:30 Line Dancing Sari					11:30 - 12:30 Dance Fusion Leanne	12:30-1:30 Heavy Bag Alex			
	12:30 - 1:30 Latin Soul Greta					8:00 - 9:00  BOBYPUMP Matt	8:00 - 9:00 Hatha Yoga Sharon			
						9:15 - 10:15  ZUMBA Lucia/Debbie	9:00-10:00 Dance Factory Greta	8:15 - 9:15 Cycle Stanley	10:00 - 10:30 Parent & Me (T)	
		5:00-6:00  ZUMBA Jenna		5:00-7:00 Swim Team (L)		10:15 - 11:15  BODYCOMBAT Natalie	10:00-10:30 Stretch Greta	9:30 - 10:30 Cycle Marijo	9:30 - 10:30 Aqua Mix (L) Lori	
Sunday	5:00 - 6:00  BOBYPUMP Lauren	6:00 - 7:00 Hatha Yoga Sharon				10:30 - 11:30 Yogalates Sharon				