
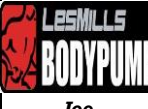






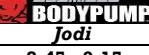



















RWJ Rahway, Feb, 2018

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