

Group Exercise Schedule

896-5678
17 Old Main Street, Fishkill

Effective
October 19th,
2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am					>Abs & Glutes* (2)		
5:45am		>Body Sculpting (2)	>Cycle 60	>Sculpt 45 (2)			
6:00am	>Cycle 45						
6:15am					>Cycle 45		
7:15am						>Cycle 60^	
8:00am						>GroupSTEP (2)	>Cycle 60^
9:00am	>Step II (1) >Yoga-All Levels	(3) >Group POWER >Low Impact II (2)	(2) >Step II + Abs/Glutes >Yoga-All Levels	>Group POWER (2)	>Low Impact II + Sculpt (2)	>Yoga-All Levels >Lite Aerobics (1) +Stretch* >Fusion (3) >Cycle 60	(2) >Step II & Sculpt >Yoga-All Levels
9:05am						(2) >Group POWER	>BOSU 60 (3)
9:15am	>Group POWER (3)	(1) >Kids in Motion II	>Group POWER (3) >Cycle 45 + Abs^	>Power Pilates	>Group POWER (3) >Cycle 45^		
9:30am	>Cycle 45 ^				>Deep Water Combo ##		>Cycle 60^
10:00am		>Pilates Core >Cycle 60^					>Waterworks ##
10:05am		>Mind/Body Aerobics (3)		>Cycle 45^ (2)	>Vinyasa Yoga		
10:15am	>Low Impact I (2) >BOSU 60 (3)	(1) >Kids in Motion I	>Low Impact I (2) >Cycle 45^	>GroupGROOVE	>Low Impact I (2) >Cycle 45^	>Cycle 60	
10:30am	>Cycle 45 ^					>Step II & Sculpt (2) >Group GROOVE (3)	
11:00am							>Power Yoga
11:15am		Pilates Basics 30					
11:30am	>Srs. in Training (c g)				>Pilates Basics 30		
NOON	>Deep Water##		>Deep Water##				
12:15pm					>Kids in Motion II		
1:00pm	>50+ Waterworks/ Ai Chi##						
1:15pm			>50+ Waterworks##	>50+ Waterworks##	>50+ Waterworks/ Ai Chi ##		
2:15pm			>Seniors In Training (c g)		>Seniors In Training (c g)		
5:30pm	(2) >Group POWER >Cycle 60^		>Cycle 45^	>Yoga All Levels >Group POWER			
6:00pm	>Yoga Fundamentals >Beginner Tai Chi	>Cycle 60 ^ >Power Yoga >Step II 45-min (2)	>Yoga Fundamentals	>Cycle 60^			
6:15pm		>ZUMBA (3)	>Group POWER	>ZUMBA (2)			
6:30pm	>Group STEP (2)					>Waterworks##	
6:45pm		>Abs & Glutes (2)					
7:00pm	>Waterworks## >Cont. Tai Chi		>Deep Water Combo##				
7:15pm	>Cycle 60^	>Core Power (3) >Group KICK (2)	>Cycle 60^ >Step II	>Group STEP (2) >Pilates			
7:45pm	>GroupGROOVE (2)						

**ALL SPORT
FISHKILL
HEALTH & FITNESS CLUB**

- The ## indicates that there is NO laplane available.
- The \$ indicates that there will be a charge for the class.
- SNOW Policy: We follow WCSD. If there is no school, there will not be morning classes.
- The * indicates that infants up to 9 mos. of age are permitted in the class. Your baby MUST be in an infant seat. If class is full, it is up to the discretion of the instructor.
- If a class consistently has fewer than 8 participants, it will be canceled.
- The ^ indicates sign-ups at the front desk are recommended.
- 1,2, or 3 indicates Studio #, CG stands for Cedar Grove.