

2011 Teen Fitness Classes

Ages 12+



Mondays - Yoga - 7:00 pm
Tuesdays - Spin - 6:00 pm
Wednesdays - Zumba - 4:30 pm



Thursdays - Zumba - 4:30 pm
Spin - 6:00 pm
Yoga - 6:30 pm
Fridays - Zumba - 5:45 pm



YOGA

10 Classes - \$125 or \$15 per Class

For More Information Contact Elyse Rose-O'Reilly
201.444.4041 or coreilly@parisiusa.com

Parisi Fitness Center - 156 Greenwood Avenue - Midland Park, New Jersey