

GROUP FITNESS WINTER CLASSES MIDLAND PARK January 2 – April 1, '12

	Time	Class	Instructor
Monday	6:00 a.m.	Core Fusion	D onna
	8:30 a.m.	ZUMBA NEW	R obin
	8:30 a.m.	SPINNING NEW	T racey
	9:15 a.m.	GROUP POWER YOUR HOUR OF POWER!	L isa
	10:15 a.m.	Power Yoga	E ve
	5:00 p.m.	Rebounder Boot camp	E lyse
	6:00 p.m.	GROUP POWER YOUR HOUR OF POWER!	E lyse
Tuesday	6:00 a.m.	SPINNING	M ike
	8:00 a.m.	SPINNING	T im
	8:30 a.m.	Strength Fusion	D onna
	9:15 a.m.	Rebounder Boot camp	S ue
	9:30 a.m.	SPINNING	S tacey
	10:05 a.m.	Step Interval	E lyse
	4:30 p.m.	GROUP POWER YOUR HOUR OF POWER!	A my
	5:30 p.m.	ZUMBA	D arlene
	6:00 p.m.	* SPINNING*	T im
	6:30 p.m.	Powerstrike	Betsy
	6:00 a.m.	Yoga	A ngela
	8:15 a.m.	Rebounder Boot camp	E lyse
	Wednesday	9:05 a.m.	GROUP POWER YOUR HOUR OF POWER!
9:30 a.m.		SPINNING	N ancy
10:00 a.m.		Power Yoga	E ve
11:00 a.m.		Kickboxing	B eth
4:30 p.m.		SPINNING	M ike
4:30 p.m.		* ZUMBA *	L isa
5:30 p.m.		Pilates Mat	N ancy
6:30 p.m.		Powerstrike	D enise
7:30 p.m.		GROUP POWER YOUR HOUR OF POWER!	D enise

	Time	Class	Instructor	
Thursday	6:00 a.m.	SPINNING	D onna	
	6:00 a.m.	KETTLEBELLS	A drienne	
	7:00 a.m.	Pilates Balls & Bands	D onna	
	8:00 a.m.	Total Body Conditioning	E lyse	
	9:00 a.m.	SPINNING	S usan	
	9:00 a.m.	ZUMBA	L isa	
	10:00 a.m.	Powerstrike	D arlene	
	4:30 p.m.	* ZUMBA *	R obin	
	5:30 p.m.	GROUP POWER YOUR HOUR OF POWER!	A drienne	
	6:00 p.m.	SPINNING	S tacey	
Friday	6:30 p.m.	Yoga	J ean	
	6:00 a.m.	SPINNING	M ike	
	8:00 a.m.	Pilates Balls & Bands	N ancy	
	8:45 a.m.	Power Yoga (45 min)	E ve	
	9:00 a.m.	SPINNING	S usan	
	9:35 a.m.	Kickboxing	D enise	
	10:30 a.m.	GROUP POWER YOUR HOUR OF POWER!	D enise	
	4:30 p.m.	GROUP POWER YOUR HOUR OF POWER!	A my	
	5:30 p.m.	KETTLEBELLS	A drienne	
	5:30 p.m.	SPINNING	A nita	
	8:00 a.m.	SPINNING	N ancy	
	Saturday	8:30 a.m.	Total Body Conditioning	E lyse
		9:30 a.m.	SPINNING	E llen
9:30 a.m.		Rebounder Boot camp	E lyse	
10:30 a.m.		GROUP POWER YOUR HOUR OF POWER!	E llen	
11:30 a.m.		TOTAL TUNE-UP NEW	D enise	
7:45 a.m.		Yoga	J ean	
8:30 a.m.		SPINNING	D onna	
9:00 a.m.		ZUMBA	L isa	
10:00 a.m.		GROUP POWER YOUR HOUR OF POWER!	L isa	
10:00 a.m.		SPINNING NEW	A nita	
Sunday	11:00 a.m.	Powerstrike	D arlene	
	12:00 p.m.	Killer Abs & Clutes	D arlene	

Club Hours:
 Mon-Thurs 5am – 10pm
 Friday 5 am - 9 pm
 Saturday 6 am – 5 pm
 Sunday 7 am - 4 pm

Childcare Hours:
 Mon.- Fri. 8:30 am - 1 pm & 4:30 – 7:30 pm
 Saturday 8:30 am - 12 pm
 Sunday 8:30 am – 12:30 pm

FIND US ON FACEBOOK
 Parisi Fitness Centers – Midland Park
 Stay updated on all club news!

Sign up sheets for ALL classes are at the front desk 30 minutes before class weekdays and 60 minutes before class on weekends.
 Classes and instructors subject to change
 Certain classes open to teens ages 12+, fee required
 Group Fitness Manager:
 Elyse Rose O'Reilly, eorilly@parisiusa.com (ext.20)