



“TIME FOR ME” FITNESS SCHEDULE

Joseph T. St. Lawrence Community, Health & Sports Center
 115 Torne Valley Road, Hillburn, NY (845) 753-2324

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 9:00am	CARDIO TONE 9:30am	YOGA 9:00am	COMBO CARDIO/TONE 9:30am	YOGA 9:00am	CARDIO TONE 9:00am	YOGA 9:00am
STRENGTH & STRETCH 10:00am	WARM UP!				CARDIO STRETCH 10:00am	SPIN 9:30am
	SENIOR COMBO* 10:30am		SENIOR CHAIR YOGA* 11:00am	ZUMBA GOLD* 10:15am	SR STRENGTH & BODY BALANCE* 10:45am	TOUGH & TIGHT 10:30am
	SPIN 5:30pm	BOOTCAMP 5:00pm	30/30 SPIN & STRENGTH TRAINING 5:30pm	BOOTCAMP PLUS 5:15pm		
	YOGA 6:30pm	SPIN 6:00pm	YOGA 7:00pm		*Classes included in Senior Memberships	