

TIME FOR ME FITNESS CLASSES

(845) 753-2324

SUN	MON	TUES	WED	THURS	FRI	SAT
Pilates 9:00am	Cardio Tone 9:30am	Zumba 9:00am	Combo Cardio Tone 9:00am	Yoga 9:00am	Cardio Tone 9:00am	Yoga 9:00am
Spin 10:00am	Senior Combo 10:30am	Yoga 10:00am	Spin 10:00am		Spin 10:00am	Tough & Tight 10:00am
			"Virtual Zoom*" Zumba 6:00pm	Zumba Gold 10:45am		Spin 10:45am
	Yoga 6:00pm	Bootcamp 5:00pm	Yoga 7:00pm	Bootcamp Plus 6:00pm		



- **Time for Me Classes only for members with a Fitness Package**
 - **Masks are required during class**
- **Call to reserve your spot in class - LIMIT OF 10 PARTICIPANTS**
 - **Bring your own yoga mat, no equipment will be provided**



****Ask Front Desk for Zoom log on info, only registered members will be allowed access to class***