


TIME FOR ME FITNESS CLASSES

(845) 753-2324

SUN	MON	TUES	WED	THURS	FRI	SAT
Spin 9:00am	Cardio Tone 9:30am		Combo Cardio Tone 9:00am	Yoga 9:00am	Cardio Tone 9:00am	Yoga 9:00am
Strength & Stretch 10:00am		Yoga 10:00am	Spin 10:00am		Spin 10:00am	Spin 9:30am
	Senior Combo 10:30am		Senior Chair Yoga 11:00am	Zumba Gold 10:45am		Tough & Tight 10:30am
			30/30 Spin & Strength Training 5:30pm			
	Yoga 6:30pm	Bootcamp 5:00pm	Yoga 7:00pm	Bootcamp Plus 5:00pm		

- *Time for Me* Classes only for members with a Fitness Package
- Senior Memberships include highlighted yellow classes only
- Masks are required during class
- Call to reserve your spot in class - LIMIT OF 8 PARTICIPANTS

