

# TIME FOR ME FITNESS CLASSES

JTS CENTER- 115 TORNE VALLEY RD HILLBURN, NY 10931  
(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 10:15am	Senior Strength Training & Body Balance 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
- Call to reserve your spot in spin class - LIMITED # OF BIKES