



“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
FULL BODY STRENGTH 9:00am	CARDIO TONE 9:30am	YOGA 9:00am	COMBO CARDIO/TONE 9:30am	YOGA 9:00am	CARDIO TONE 9:00am	YOGA 9:00am
MAT PILATES 9:45am	SENIOR COMBO* 10:30am		SENIOR CHAIR YOGA* 10:45am	ZUMBA GOLD* 10:15am	CARDIO STRETCH 10:00am	SPIN 9:30am
			FULL BODY STRENGTH 4:30pm		SENIOR STRENGTH & BODY BALANCE* 10:45am	TOUGH & TIGHT 10:30am
	SPIN 5:30pm	BOOTCAMP 5:15pm	SPIN CORE RECOVERY 5:30pm	BOOTCAMP FUSION 5:00pm		
	YOGA 6:30pm		YOGA 6:00pm	SPIN PLUS 5:45pm	*Classes included in Senior Memberships	