

CLUB FIT NJ -- CLASS SCHEDULE – NOVEMBER 2011

SUN	MON	TUES	WED	THUR	FRID	SAT
9 am MARYANN SPIN	7 am JODI POWER SPIN	6am JESSICA SPIN	7 am JODI POWER SPIN	6am JESSICA SPIN	7.45 am CAROL BOSU-EXPRESS	9 am EVENS BODY-FITNESS
9 am PAM PUMP & JUMP	9.00 am PAM POWER-PILATES	9 am NANCY BODY- TONE	9.30 am CAROL SPIN	9 am CAROL BOSU DUMBELL	8.30 am CAROL SPIN-EXPRESS	10.15 am JAY YOGA
9 am MARIA ZUMBA	10 am CAROL SPIN	9.15 am PAM POWER-PILATES	9.00 am NANCY STEP	10 am CAROL SPIN	9.00 am PAM 20-20-20	11 am KIMANI K-A-K
-----	6 pm LISA BELLY-DANCE	10 am PAM 20-20-20	6 pm NANCY BODY-TONE	6 pm ANTHONY SPIN	9 am NANCY BODY- TONE	10 am YL FAMILY STRESS RELEASE AROMATHERAPY
-----	6 pm ANTHONY SPIN	6 pm LINDA SPIN	6 pm LAURIE DANCEXERCISE	6.15 pm AMY ZUMBA-TONE	-----	
-----	6 pm CAROL BOSU DUMBELL	6.15 pm AMY ZUMBA-TONE	7 pm EVENS BODY-FITNESS	6.30 pm YL FAMILY STRESS RELEASE AROMATHERAPY	-----	
-----	7 pm AMY ZUMBA	7 pm JAY YOGA	7 pm LORRIE YOGA - VINYASA	7 pm JAY YOGA	-----	-----
-----	7 pm LORRIE YOGA - VINYASA	7 pm ANGELICA R.I.P.P.E.D	7 pm JOHN SPIN	7.15 pm EVENS BODY- FITNESS	-----	-----
-----	7.05 pm CAROL SPIN	7.15 pm KIMANI K-A-K	8 pm HILA ZUMBA-HIP-HOP	7.30 pm CATHY POLE DANCE	-----	-----
-----	8 pm CHRIS AEROBIC BOXING	8 pm KICK-BOXING WIL POLE DANCE CATHY	8 pm CHRIS AEROBIC BOXING		-----	8.00 pm HARRY SPIN

CLASSES WILL ONLY BE CONDUCTED WITH 3 OR MORE MEMBERS ; ** POLE DANCE for women only; 21 yrs and older; *****PTO for gym hours; tel info and class description.** * **Health consultation – please call 201-692-3220.**