

# SEPTEMBER GROUP FITNESS

## NFC MORRISTOWN



### CLASS DESCRIPTIONS

ABS-Ab Solutions				TS-Tread n Shed	WA-Water Aer
BC-BodyCombat		BS-BodyStep	RPM-Cycling	TT-Triple Threat	DWA-Deep Wa
BP-BodyPump		Jam-BodyJam	P-Pilates	US-Upper Sculpt	Y-Yoga

### No Group Fitness Classes On Labor Day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 TS* Gail	6:00 BP Gail	6:00 RPM* Gail	6:00 BP Gail	6:00 TS* Gail	
	8:30 BC Bobbie Michelle	8:30 BS Patty 8:45 RPM* Bobbie 9:45 BP Patty	8:30 TT Michelle 9:30 BC Bobbie Michelle	8:45 TS* Bobbie 9:45 BP Patty	8:30 TT Michelle 9:30 BC Bobbie Michelle	9:00 BC A 10:15 BP
4:00 Jam Aya	5:00 US Sheila 5:30 BS Sheila 6:00 Abs** Angie 6:30 BC Angie	5:30 Jam Aya 5:30 TS* Jamie	5:30 RPM* Bobbie 6:00 Abs Angie 6:30 BC Angie	5:30 BP Kim 5:30 TS* Andee 6:30 BS Sheila		

\*RPM, \*C, & \*TS Requires a 15 min. Sign-In    \*\*Mon. PM Abs in Multi-Purpose Room    \*\*\*Mon. PM Yoga in KIM Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 P Patty		8:30 P Patty		8:30 Y Kim	
	5:30 Y*** Marlene			6:30 P Andee		

Club Hours: M - F 5am - Midnight    Sat 8am - 8pm    Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 WA Jan	8:30 DWA Lori 9:30 WA Jan	9:30 WA Jan	8:30 DWA Lori 9:30 WA Jan	9:30 WA Jan	

Childcare Hours: M-Fri. 8am-12pm, 4pm-9pm / Fri. 4pm-8pm    Sat. 8am-12pm    No Childcare on Sunday

\*Adult Karate on Mon.@6:30pm & Wed.@6pm in the Mind & Body Room

# UP FITNESS TOWN

NS

TS-Tread n Shed	WA-Water Aerobics
TT-Triple Threat	DWA-Deep Water Aerobics
US-Upper Sculpt	Y-Yoga

Day

FRIDAY			SATURDAY		
6:00	TS*	Gail			
8:30	TT	Michelle	9:00	BC	Angie
			10:15	BP	Kim
9:30	BC	Bobbie Michelle			

CARDIO &  
STRENGTH

\*\*\* Mon. PM Yoga in KIM Room

FRIDAY			SATURDAY		
8:30	Y	Kim			

MIND/BODY

Sun Noon - 6pm

FRIDAY			SATURDAY		
9:30	WA	Jan			

WATER

No Childcare on Sunday

ind & Body Room