

# MARCH GROUP FITNESS

## NFC MORRISTOWN



### CLASS DESCRIPTIONS

ABS-Ab Solutions	BP-BodyPump	FA-Firm Assets	TS-Tread n Shed	WA-Water Aerobics
BC-BodyCombat	BS-BodyStep	Jam-BodyJam	TT-Triple Threat	Y-Yoga
BF-BodyFlow	C-Cycling	P-Pilates	US-Upper Sculpt	

### Les Mills RPM Launch Coming in April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 TS <b>Gail</b>	6:00 BP <b>Gail</b>	6:00 C <b>Gail</b>	6:00 FA <b>Gail</b>	6:00 BC <b>Bobbie</b>	
	8:30 BC <b>Michelle</b>	8:30 BS <b>Patty</b>	8:30 TT <b>Michelle</b>	6:30 Abs <b>Gail</b>	8:30 TT <b>Michelle</b>	9:00 BC <b>Angie</b>
	8:30 TS <b>Gail</b>		8:30 TS <b>Gail</b>	8:30 BC <b>Bobbie</b>		10:00 BP <b>Kim</b>
3:00 Jam <b>Cammie</b>		9:45 BP <b>Patty</b>		9:45 BP <b>Patty</b>		
4:00 Flow <b>Cammie</b>						
	5:00 US <b>Sheila</b>			4:30 BC <b>Michelle</b>		
	5:30 BS <b>Sheila</b>	5:30 TS <b>Jamie</b>		5:30 BP <b>Patty</b>		
	5:30 C <b>Andee</b>	5:30 Jam <b>Cammie</b>	5:30 C <b>Jamie</b>			
	6:00 Abs* <b>Angie</b>		6:00 Abs <b>Angie</b>			
	6:30 BC <b>Angie</b>	6:30 BP <b>Kim</b>	6:30 BC <b>Angie</b>	6:30 BS <b>Sheila</b>		

CARDIO & STRENGTH

\*Mon. PM Abs in KIM Room & Tues. PM Flow

\*\*Mon. PM Yoga in Multi-Purpose Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:30 Y <b>Kim</b>	
	9:30 P <b>Patty</b>		9:30 P <b>Patty</b>			11:00 Flow <b>Jody</b>
	5:30 Y** <b>Marlene</b>	6:30 Flow* <b>Cammie</b>		6:30 P <b>Andee</b>		

MIND/BODY

Club Hours:

M - F 5am - Midnight

Sat 8am - 8pm

Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 WA <b>Jan</b>	9:30 WA <b>Jan</b>	9:30 WA <b>Jan</b>	9:30 WA <b>Jan</b>	9:30 WA <b>Jan</b>	
		5:30 WA <b>Deb</b>				

WATER

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