

Period	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Period	8:30am - 9:30am <b>Spinning®</b> w/Danny	6:00am-6:50am <b>BABC</b> w/ Valerie (R2)	5:45am - 6:30am <b>Yoga for Grunts</b> w/JC (R1)	5:45am-6:45am <b>Spinning®</b> w/Stacie  8:30am-8:55am <b>Hard Core</b> w/Jamie (R2)	5:45am-6:30am <b>Interval Zone</b> w/ Jamie	5:45am-6:45am <b>Spinning®</b> w/Alan	8:00am- 9:00am (R2) <b>Step and Sweat</b> w/ Debi
2nd Period	9:00am-10:00am <b>Yoga (R1)</b> "Vinyasa Flow" w/ Emily  9:30am - 10:20 <b>Bob's Boot Camp (R2)</b>	9:00am-9:55am <b>Spinning®</b> w/Jamie  9:00am- 9:50am <b>Zumba®</b> w/ Jen (R2)  9:00am-10:00am <b>Yoga w/Kristi (R1)</b>	9:00am-10:00am <b>Spinning®</b> w/Val  9:00am - 9:50am <b>Power Kick</b> w/Dani (R2)	9:00am-9:45am <b>Spinning®</b> w/JoAnn  9:00am-9:50am <b>BOSU Total Body</b> w/ Jamie (R2)	8:30am-9:15am <b>TRX</b> w/ Jamie (R1)  9:15am - 10:05am <b>Zumba®</b> w/Jen (R2)  9:15am - 10:15am <b>Spinning®</b> w/Stacie	8:30am - 9:00am <b>Hard CORE</b> w/Chris (R2) 9:00am-9:55am <b>Spinning®</b> w/Jamie 9:00am-9:45am <b>3,2,1</b> w/Debi (R2) 9:00am-10:00am <b>"Yoga Mix"</b> w/Lisa (R1)	8:30am-9:30am <b>Spinning®</b> w/Bob  9:00am - 10:00am <b>Zumba® (R2)</b> w/ Amity
3rd Period		10:00am- 10:45am <b>Butts and Guts</b> w/Valerie (R2)	10:00am - 10:45am <b>Rock Bodies</b> w/ Debi (R2)  11:15am - 12:00pm <b>Prime Time</b> w/ Chris (R2)	10:00am-10:50am <b>Bob's Power Pump</b> (R2)  10:00am-11:00am <b>Pilates</b> w/LuAnn(R1)	9:30am-10:20am <b>Rock Your Asana</b> w/Jennifer (R1)  10:30am-11:00am (R2) <b>Ladies Only Circuit</b> w/ Vicki	10:00am-11:00am <b>Pilates</b> w/Debi(R2)  11:15am - 12:00pm (R2) <b>Prime Time</b> w/ Chris (R2)	10:00am - 11:00am <b>Yoga "Vinyasa Flow"</b> w/Larry (R1)
Lunch Break							
4th Period		4:30pm-5:30pm <b>Pilates</b> w/ Dani (R2)  5:45pm-6:30pm <b>Rock Your Asana</b> w/ Jennifer (R1)	4:30pm-5:00pm (R2) <b>Ladies Only Circuit</b> w/ Vicki 4:30pm - 5:30pm <b>"Yoga Mix"</b> w/Lisa (R1) 5:45pm-6:30pm <b>TRX</b> w/Bob (R1)	4:45pm - 5:45pm <b>Yoga</b> w/ Larry (R1)  5:00pm-5:50pm <b>Zumba Toning</b> w/ Jen (R2)	5:30pm-6:30pm <b>Kettlebell (track)</b> w/ Shelley  5:30pm-6:15pm <b>Zumba Gold® (R2)</b> w/ Virginia	4:30pm-5:20pm <b>Zumba Toning® (R2)</b> w/ Amity  5:45pm-6:45pm (R1) <b>Gentle Yoga</b> w/ Sue	
5th Period		6:00pm-6:45pm <b>Spinning®</b> w/ Bob  6:00pm-6:45pm (R2) <b>Tabata</b> w/ J.C.	6:00pm - 7:00pm <b>Zumba®</b> w/ Amity (R2)  6:00pm - 7:00pm <b>Spinning®</b> w/Maggie	6:00pm-6:45pm <b>Spinning®</b> w//Chris  6:00pm-7:00pm (R2) <b>Power Hour</b> w/ Vicki	6:00pm - 7:00pm <b>Spinning® PiYo</b> w/ Maggie	5:45pm - 6:35pm <b>Bob's Boot Camp (R2)</b>	

**Phys-Ed Hours**

Monday-Thursday 5:00am-10:00pm  
Friday 5:00am-9:00pm  
Sat. 6:00am-6:00pm + Sun. 6:00am - 6:00pm

**Phys-Ed Health and Performance**

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**Kid Kare Hours**

Monday thru Friday 8:30am-1:00pm and  
Monday thru Friday 4:00pm-8:00pm  
Saturday and Sunday 8:00am-1pm