

Period	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Period		6:00am-6:50am <i>Tabata</i> w/ Eric	5:45am - 6:30am <i>Yoga for Grunts</i> w/ JC (R1)	5:45am-6:45am <i>Spinning</i> w/Stacie "Crank of Dawn"	6:00am-7:00am <i>Spartan Warrior</i> w/ Eric	6:00am - 6:50am <i>Spinning</i> w/Alan "Tour de Spin"	
2nd Period	9:00am-10:00am <i>Yoga (R1)</i> "Vinyasa Flow" w/ Kristi 8:30am - 9:30am <i>Spinning</i> w/Danny "Spin Cycle"	9:00am-9:45am <i>Spinning</i> w/Jamie "The Climb" 9:00am- 10:00am <i>Sam's Boot Camp</i> 9:00am- 9:50am <i>Zumba</i> w/ Jen (R2)	9:00am-9:45am <i>Spinning</i> w/Valerie "C+C Factory" 9:00am - 9:50am <i>Cardio Kickboxing</i> w/Dani (R2)	9:00am-9:45am <i>Spinning</i> w/JoAnn "Pedal Power" 9:00am-9:50am <i>BOSU Total Body</i> w/ Jamie (R2)	8:30am-9:15am or 9:30am-10:15am <i>TRX</i> w/Jamie (R1) 9:15am - 10:05am <i>Zumba</i> w/Jen (R2) 9:15am - 10:15am <i>Spinning</i> w/Stacie "Chain Reaction"	9:00am-9:45am <i>Spinning</i> w/Jamie "The Path of Most Resistance" 9:00am-9:50am <i>Power Pump</i> (R2) w/Samantha 9:00am-10:00am <i>"Yoga Mix"</i> w/Lisa (R1)	8:30am-9:30am <i>Spinning</i> w/Maggie and Alt. "The Zone" 9:00am - 10:00am <i>Yoga (R1)</i> "Vinyasa Flow" w/ Sue
3rd Period		10:00am- 10:30am <i>Core Values</i> w/Val (R2) 10:00am-11:00am <i>Yoga</i> "Kunda Flow" w/ Dawn (R1)	10:00am - 10:45am <i>Tabata</i> w/ Jamie (R2)	10:00am-10:50am <i>Cardio Boot Camp</i> w/ Bob (R2) 10:00am-11:00am <i>Mat Pilates (R1)</i> w/Francesca	10:30am-11:30am <i>"Yoga Flow"</i> (R1) w/ Jenn	10:15am-11:00am (RM2) <i>"Band Pilates"</i> w/ LuAnn 10:15am-11:00am <i>Spinning</i> w/ Valerie 11:15am - 12:00pm (RM2) <i>Senior Fitness</i> w/ Patrick	9:00am - 10:00am <i>Zumba</i> (R2) w/ Sarah
Lunch Break							
4th Period		4:30pm-5:20pm <i>Cardio Kickboxing</i> w/ Dani (R2) 5:45pm-6:30pm <i>TRX</i> (R1) w/ Bob	4:30pm - 5:30pm <i>"Yoga Mix"</i> w/Lisa (R1) 5:45pm-6:30pm <i>TRX</i> w/Bob (R1)	4:30pm - 5:20pm <i>Zumba Toning</i> w/ Lynda (R2) 5:30pm-6:30pm <i>PiYo</i> (R1) w/ Maggie	5:30pm-6:15pm <i>Zumba Gold</i> (R2) w/ Virginia 5:30pm-6:30pm <i>Kettlebell</i> (track) w/ Shelley	4:30pm-5:20pm <i>Zumba</i> (R2) w/ Amity 5:30pm - 6:30pm <i>Spinning</i> w/ JoAnn "Cyclo-Therapy"	
5th Period		6:00pm-6:45pm <i>Tabata</i> w/J.C. (R2) 6:00pm-7:00pm <i>Spinning</i> w/ Holly "Spintensity"	6:00pm - 7:00pm <i>Zumba</i> w/ Sarah (R2) 6:00pm - 7:00pm <i>Spinning</i> w/Maggie	6:00pm-6:45pm <i>Spinning</i> w/Alan "Tour de Spin" 6:00pm - 6:45pm <i>Tabata or InterVals</i> w/JC or Valerie(R2)	6:00pm - 7:00pm <i>Mat Pilates</i> w/ Francesca (R1) 6:30pm-7:30pm <i>Kick Boxing</i> (R2) w/ Cheryl	5:45pm - 6:35pm <i>Bob's Boot Camp</i> (R2) 6:45pm-7:45pm <i>"Gentle Yoga"</i> (R1) w/ Sue	

### Phys-Ed Hours

Monday-Thursday 5:00am-10:00pm  
Friday 5:00am-9:00pm  
Saturday and Sunday 6:00am-6:00pm

### Phys-Ed Health and Performance

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New Milford, CT 06776  
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### Kid Kare Hours

Monday-Friday  
8:15am-1:00pm then 4:00pm-8:00pm  
Saturday and Sunday 8:15am-1:00pm