

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

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