

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Effective January 2016</b>						
<b>5:45AM</b>	<b>5:45AM</b>	<b>5:45AM</b>	<b>5:45AM</b>	<b>5:45AM</b>		
<b>HIIT TRAINING</b> Valerie (R2 45min)	<b>Yoga for Grunts</b> JC (R2 45min)	<b>Spinning/ABS@</b> Cheryl (60 min)	<b>BOOTCAMP</b> Eric (45min)	<b>Spinning@</b> Stacie (60min)		
<b>9:00AM</b>	<b>9:00AM</b>	<b>8:30AM</b>	<b>8:30AM</b>	<b>8:30AM</b>	<b>8:00AM</b>	<b>8:30AM</b>
<b>Spinning@</b> Michaella (60min) <b>Zumba@</b> Jen(R2 50min)	<b>Spinning@</b> Val (45 min)  <b>Dance Party</b> Mary Lou (55 min)	<b>CORE Fit</b> Michelle (R2)			<b>Step and Sweat</b> Debi (R2 55min)	<b>Spinning@</b> Michaella (60min)
	<b>10:00AM</b>	<b>9:00AM</b>	<b>9:00AM</b>	<b>9:00AM</b>	<b>8:30AM</b>	<b>9:00AM</b>
	<b>Basic Training</b> Chris (R2 45 min)	<b>Spinning@</b> Chris (45 min)  <b>HIIT TRAINING</b> Valerie (R2)	<b>Zumba@</b> Jen (R2 50min)  <b>Spinning@</b> Stacie (60 min)	<b>Spinning@</b> Chris (60min) <b>3,2,1</b> Debi (R2 55min) <b>Yoga Mix</b> Lisa (R1 60min)	<b>Spinning@</b> Bob(60min)	<b>Vinyasa Flow</b> Emily (R1 60min)
<b>10:00AM</b>	<b>11:15AM</b>	<b>10:00AM</b>	<b>10:00AM</b>	<b>10:00AM</b>	<b>9:00AM</b>	<b>9:30AM</b>
<b>Power Pump</b> Val (R2 45 min)	<b>Prime Time</b> Chris (R2 45min)	<b>Pilates</b> LuAnn (R1 60min)	<b>GSR Yoga</b> Kathy (R1 60min)	<b>Pilates</b> Debi (R2 60min)	<b>Zumba@</b> Amity (R2 60min)	<b>Boot Camp</b> Bob (R2 50min)
		<b>10:15AM</b>	<b>10:15AM</b>	<b>11:15AM</b>	<b>10:00AM</b>	
		<b>Power Pump</b> Bob (R2 50min)		<b>Prime Time</b> Chris (R2 45min)	<b>Vinyasa Flow</b> Dylan (R1 60min)	
<b>4:00pm</b>	<b>4:30pm</b>	<b>4:15pm</b>		<b>4:30pm</b>		
<b>Power Flow Yoga</b> Kristi (R1 60min)	<b>Gentle Yoga</b> Sue (R1 60 min)	<b>Pilates Core</b> <b>Intervals</b> Francesca (R2 45min)		<b>Zumba@</b> Amity (R2 60min)		
<b>5:15pm</b>	<b>4:45pm</b>	<b>5:00pm</b>	<b>5:00pm</b>			
<b>Zumba Gold@</b> Virginia (R2 45min)	<b>Power Pump</b> Bob (R2 45min)	<b>Zumba Toning@</b> Amity (R2 50min)	<b>Cardio Kickboxing</b> Jen (R2 60min)			
<b>5:45pm</b>	<b>5:45pm</b>	<b>6:00pm</b>	<b>6:00pm</b>	<b>5:45pm</b>		
<b>Spinning@</b> Bob (45min)	<b>TRX</b> Bob (R1 45min)	<b>Spinning@</b> Chris (45 min) <b>Cross Circuit</b> JC (R2 60min)		<b>Gentle Yoga</b> Sue (R1 60min) <b>Boot Camp</b> Bob (R2 50min)		
<b>6:00pm</b>	<b>6:00pm</b>	<b>7:00pm</b>				
<b>Tabata</b> JC (R2 45min)	<b>Spinning@</b> Michaella (60min)	<b>Vinyasa Flow</b> Dylan (R1 60min)				

**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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Find this schedule on our Mobile App

**Kid Kare Hours**  
Monday thru Friday 8:30am-1:00pm and  
Monday thru Friday 4:00pm-8:00pm  
Saturday and Sunday 8:00am-1pm

