

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Effective March 2017						
5:45AM	5:45AM	5:45AM	5:45AM	5:45AM		
HIIT TRAINING Valerie (R2 45min)	Yoga for Grunts JC (R2 45min)	Spinning@ Cheryl (60 min)	BOOTCAMP Eric (45min)	Spinning@ Stacie (60min)		
9:00AM	9:00AM	8:30AM	8:00AM	8:00AM	8:00AM	8:30AM
Spinning@ Michaella (60min) Zumba@ Jen(R2 50min)	Spinning@ Val (45 min) Dance Party Mary Lou (55 min)	CORE Fit Michelle (R2)	Metabolic Madness Dawn (R2 50 min)		Step and Sweat Debi (R2 55min)	Spinning@ Michaella (60min)
	10:00AM	9:00AM	9:00AM	9:00AM	8:30AM	9:00AM
	Tabata Chris (R2 45 min)	Spinning@ Chris (45 min) HIIT TRAINING Valerie (R2)	Zumba@ Jen (R2 50min) Spinning@ Stacie (60 min)	Spinning@ Chris (60min) 3,2,1 Debi (R2 55min) Yoga Mix Lisa (R1 60min)	Spinning@ Bob(60min)	Vinyasa Flow Emily (R1 60min)
10:00AM	11:15AM	10:00AM	10:00AM	10:00AM	9:00AM	9:30AM
Power Pump Val (R2 45 min)	Prime Time Chris (R2 45min)	Pilates LuAnn (R1 60min)	GSR Yoga Kathy (R1 60min)	Pilates Debi (R2 60min)	Zumba@ Amity (R2 60min)	Boot Camp Bob (R2 50min)
		10:00AM	10:15AM	11:15AM	10:00AM	
		Power Pump Bob (R2 50min)		Prime Time Chris (R2 45min)	Vinyasa Flow Dylan (R1 60min)	
4:00pm	4:30pm	4:15pm		4:30pm		
Power Flow Yoga Kristi (R1 60min)	Gentle Yoga Sue (R1 60 min)	Pilates Core Intervals Francesca (R2 45min)		Zumba@ Amity (R2 60min)		
5:15pm	4:45pm	5:00pm	5:00pm	5:45 pm		
Zumba Gold@ Virginia (R2 45min)	Power Pump Bob (R2 45min)	Zumba Toning@ Amity (R2 50min)	Cardio Kickboxing Jen (R2 60min)	Spinning Jim (45 min)		
5:45pm	5:45pm	6:00pm	6:00pm	5:45pm		
Spinning@ Bob (45min)	TRX Bob (R1 45min)	Spinning@ Chris (45 min) Cross Circuit JC (R2 60min)	Vinyasa Flow Dylan (R2 60 min)	Gentle Yoga Sue (R1 60min) Boot Camp Bob (R2 50min)		
6:00pm	6:00pm					
Tabata JC (R2 45min)	Spinning@ Michaella (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

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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

