

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Effective August 2017</b>						
5:45AM	5:45AM	5:45AM	5:45AM	5:45AM		
<b>HIIT TRAINING</b> Valerie (R2 45min)	<b>Yoga for Grunts</b> JC (R2 45min)	<b>Spinning®</b> Cheryl (60 min)	<b>BOOTCAMP</b> Eric (45min)	<b>Spinning®</b> Stacie (60min)		
9:00AM	9:00AM	8:30AM	8:00AM	8:00AM	8:00AM	8:30AM
<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>Metabolic Madness</b> Dawn (R2 50 min)		<b>Step and Sweat</b> Debi (R2 55min)	<b>Spinning®</b> Michaella (60min)
9:00AM	10:00AM	9:00AM	9:00AM	9:00AM	8:30AM	9:00AM
<b>Power Flow Yoga</b> Kristi (R1 60min)	<b>Tabata</b> Chris (R2 45 min)	<b>Spinning®</b> Michaella (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)
10:00AM	11:15AM	10:00AM	10:00AM	10:00AM	9:00AM	9:30AM
<b>Power Pump</b> Val (R2 45 min)	<b>Prime Time</b> Chris (R2 45min)	<b>Pilates</b> Francesca (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)
		10:00AM	10:15AM	11:15AM	10:00AM	
		<b>Power Pump</b> Bob (R2 50min)		<b>Prime Time</b> Chris (R2 45min)	<b>Vinyasa Flow</b> Dylan (R1 60min)	
	4:30pm	4:15pm		4:30pm		
	<b>Gentle Yoga</b> Sue (R1 60 min)	<b>Pilates Core Intervals</b> Francesca (R2 45min)		<b>Zumba®</b> Amity (R2 60min)		
5:15pm	4:45pm	5:00pm	4:30pm	5:45 pm		
<b>Zumba Gold®</b> Virginia (R2 45min)	<b>Power Pump</b> Bob (R2 45min)	<b>Zumba®</b> Amity (R2 50min)	<b>Cardio Kickboxing</b> Jen (R2 60min)	<b>Spinning</b> Jim (45 min)		
5:45pm	5:45pm	6:00pm	6:00pm	5:45pm		
<b>Spinning®</b> Bob (45min)	<b>TRX</b> Bob (R1 45min)	<b>Spinning®</b> Chris / Valerie (45min) <b>Cross Circuit</b> JC (R2 60min)	<b>Vinyasa Flow</b> Dylan (R1 60 min)	<b>Gentle Yoga</b> Sue (R1 60min) <b>Boot Camp</b>		
6:00pm	6:00pm					
<b>Tabata</b> JC (R2 45min)	<b>Spinning®</b> 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

