

| Mon   | Tue   | Wed  | Thu   | Fri   | Sat                                      | Sun  |
|---|---|--|---|---|--|--|
| <b>Effective December 2018</b>                |   |  |   |   |  |  |
| 5:45AM  | 5:45AM                                      | 5:45AM                                       | 5:45AM  | 5:45AM  |  |  |
| <b>Cardio Kick HiiT</b><br>Valerie (R2 45min) | <b>Yoga for Grunts</b><br>JC (R2 45min)     | <b>Spinning®</b><br>Michaela (45min)         | <b>BOOTCAMP</b><br>Michelle (45min)           | <b>Spinning® &amp; Core</b><br>Stacie (60min)     |  |  |
| 8:00AM  |   | 8:30AM                                       |   | 8:00 AM   | 8:00AM                                   | 8:30AM                                     |
| <b>Pump Fit</b><br>Kathy H.<br>(R2 50 min)    |   | <b>CORE Fit</b><br>Michelle (R2)             |   | <b>Kathy's Fit Mix</b><br>Kathy H.<br>(R2 50 Min) | <b>Step and Sweat</b><br>Debi (R2 55min) | <b>Spinning®</b><br>Michaela<br>(60min)    |
| 9:00 AM                                       | 9:00 AM                                     | 9:00AM                                       | 9:00AM  | 9:00AM  | 8:30AM                                   | 9:00AM                                     |
| <b>Spinning®</b><br>Michaela (60min)          | <b>Spinning®</b><br>Val (45 min)            | <b>Spinning®</b><br>Bob                      | <b>TRX</b><br>Chris (R1 45 min)               | <b>Spinning®</b><br>Chris (60min)                 | <b>Spinning®</b><br>Bob(60min)           | <b>Vinyasa Flow</b><br>Emily<br>(R1 60min) |
| <b>Zumba®</b><br>Mary Lou (R2 50min)          | <b>Dance Party</b><br>Mary Lou (55 min)     | <b>HiiT Training</b><br>Valerie (R2)         | <b>Zumba®</b><br>Jen (R2 50min)               | <b>Aero Box</b><br>Debi (R2 55min)                |  |  |
| 10:00AM                                       | 10:00AM                                     |  | 10:00AM                                       | 10:00AM   | 9:00AM                                   | 9:30AM                                     |
| <b>Power Pump</b><br>Val (R2 45 min)          | <b>Tabata</b><br>Chris (R2 45 min)          |  | <b>GSR Yoga</b><br>Kathy (R1 60min)           | <b>Pilates</b><br>Debi (R2 60min)                 | <b>Zumba®</b><br>Amity (R2 60min)        | <b>Boot Camp</b><br>Bob<br>(R2 50min)      |
|   | 11:15AM                                     |  | 11:15AM                                       | 11:15AM   | 10:00AM                                  | 10:30AM                                    |
|   | <b>Prime Time</b><br>Chris (R2 45min)       |  | <b>Zumba Gold®</b><br>Virginia<br>(R2 45min)  | <b>Prime Time</b><br>Chris (R2 45min)             | <b>Vinyasa Flow</b><br>Dylan (R1 60min)  | <b>Zumba®</b><br>Thelma                    |
| 4:30pm  | 4:30pm                                      |  |   | 4:30pm  |  |  |
| <b>Power Flow Yoga</b><br>Kristi (R1 60min)   | <b>Gentle Yoga</b><br>Sue (R1 60 min)       |  |   | <b>Zumba®</b><br>Amity (R2 60min)                 |  |  |
|   | 4:45pm                                      |  | 4:45pm  | 5:30 pm   |  |  |
|   | <b>Power Pump</b><br>Bob (R2 45min)         |  | <b>Pilates Mix</b><br>Francesca<br>(R2 60min) | <b>Fit Mix</b><br>Michelle<br>(R2 45min)          |  |  |
| 5:45pm  | 5:45pm                                      | 5:45pm                                       |   | 5:45pm  |  |  |
| <b>Spinning®</b><br>Bob (45min)               | <b>STRONG by Zumba®</b><br>Amity (R2 60min) | <b>Spinning®</b><br>Jim / Valerie<br>(45min) |   | <b>Spinning</b><br>Jim (45 min)                   |  |  |
| 6:00pm  | 5:45pm                                      | 6:00pm                                       | 6:00pm  | 5:45pm  |  |  |
| <b>Tabata</b><br>JC (R2 45min)                | <b>TRX</b><br>Bob (R1 45min)                | <b>Cross Circuit</b><br>JC (Track 60min)     | <b>Vinyasa Flow</b><br>Dylan (R1 60min)       | <b>Gentle Yoga</b><br>Sue (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

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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

