

Group X Calendar

Studio 1 - downstairs (R1)

Studio 2 - upstairs (R2)

Monday

Time	Class	Location	Instructor
5:45am - 6:30am	HiIT	R2	Valerie
8:00am - 8:50am	Pump Fit	R2	Kathy H.
9:00am - 10:00am	Barre Fit	R1	Kathy H.
9:00am - 10:00am	Spinning	Spin	Michaela
9:00am - 10:00am	Dance Flow	R2	Rhei C.
10:00am - 10:45am	Power Pump	R2	Valerie
4:15pm - 5:15pm	Remedy & Yoga Meditation	R1	Kristi
5:45pm - 6:30pm	Spinning	Spin	Bob
6:00pm - 6:45pm	Tabata	R2	JC

Tuesday

Time	Class	Location	Instructor
5:45am - 6:30am	Yoga for Grunts	R2	JC
8:00am - 9:00am	Barre Fit	R1	Kathy H.
9:00am - 9:45am	Spinning	Spin	Valerie
9:00am - 9:50am	Dance Party	R2	Mary Lou
10:00am - 10:45am	Tabata	R2	Chris
11:15am - 12:00pm	Prime Time	R2	Chris
4:30pm - 5:30pm	Escape & Unwind Yoga	R1	Sue
4:45pm - 5:30pm	Power Pump	R2	Bob
5:45pm - 6:30pm	TRX	R1	Bob

Wednesday

Time	Class	Location	Instructor
5:45am - 6:30am	Spinning	Spin	Michaela
8:30am - 9:00am	Pilates Core	R2	Francesca
9:00am - 9:45am	Spinning	Spin	Bob
9:00am - 9:50am	HiIT	R2	Valerie
10:00am - 11:00am	Yoga	R1	Kristen A.
4:30pm - 5:00pm	Strong 30	R2	Amity
5:45pm - 6:30pm	Spinning	Spin	Jim/Maggie
6:00pm - 6:45pm	Dynamic Track Bootcamp	Track	JC

Thursday

Time	Class	Location	Instructor
5:45am - 6:30am	Bootcamp	Track	Eric
9:00am - 9:45am	TRX	R1	Chris
9:00am - 9:50am	Dance Party	R2	Mary Lou
9:00am - 10:00am	Spinning	Spin	Stacie
10:00am - 10:45am	Mat Pilates	R2	Francesca
10:00am - 11:00am	Revive Replenish & Relax Yoga	R1	Kathy L.
11:15am - 12:00pm	Zumba Gold	R2	Virginia
4:30pm - 5:30pm	P90X	R2	Shelly
5:30pm - 6:30pm	PiYo	R1	Maggie

Friday

Time	Class	Location	Instructor
5:45am - 6:45am	Spinning & Core	Spin	Stacie
8:00am - 8:50am	Energy Sculpt	R2	Kathy H.
9:00am - 9:45am	Pedal Power	Spin	Chris
9:00am - 9:45am	Boxing Bootcamp	R1	Paul
10:00am - 11:00am	Pilates	R2	Francesca
11:15am - 12:00am	Prime Time	R2	Chris
4:45pm - 5:45pm	Zumba	R2	Amity
5:45pm - 6:30pm	Spinning	Spin	Jim
5:45pm - 6:45pm	Escape & Unwind Yoga	R1	Sue

Saturday

Time	Class	Location	Instructor
8:00am - 9:00am	Pump	R2	Kathy H.
8:30am - 9:30am	Spinning	Spin	Bob
9:00am - 10:00am	Zumba	R2	Amity
10:00am - 11:00am	Vinyasa Flow	R1	Emily

Sunday

Time	Class	Location	Instructor
8:30am - 9:30am	Spinning	Spin	Michaela
9:00am - 10:00am	Vinyasa Flow	R1	Emily
9:30am - 10:20am	Bootcamp	R2	Bob

Effective September 1st

Phys-Ed Hours

Monday - Thursday 5:00am - 10:00pm

Friday 5:00am - 9:00pm

Saturday & Sunday 6:00am - 6:00pm

Kid Kare Hours

Monday - Friday 8:30am - 1:00pm and

Monday - Friday 4:00pm - 8:00pm

Saturday & Sunday

8:00am - 1:00pm



Phys-Ed Health & Performance

10 Still River Drive

New Milford, CT 06776

(860) 355-4354

Studio 1 (R1) - Not available:

Tuesdays 9:00am - 2:00pm

Wednesdays 4:30pm - 7:00pm

*Class Schedule may change due to instructor availability and participation

*Please no cell phones in class