

Group X Schedule

Week of Oct 12-Oct 18



Monday

Time	Class	Location	Instructor
5:45am - 6:30am	Bootcamp	?	Eric
9:00am-9:55am	Spinning	Spin	Virtual
10:00am-10:50am	Bootcamp	?	Eric
5:00pm-5:50pm	BootCamp	Track	Amity
6:00pm-6:45pm	Tabata	R2	JC

Tuesday

Time	Class	Location	Instructor
9:00am - 9:50am	Dance Party	R2	Mary Lou

Wednesday

Time	Class	Location	Instructor
8:00am - 8:45am	Pump Fit	R2 or Track	Kathy H.
5:45pm - 6:30pm	Spinning	Spin	Jim

Thursday

Time	Class	Location	Instructor
5:45am - 6:30am	Bootcamp	?	Shelley
9:00am - 9:50am	Dance Party	R2	Mary Lou
10:00am-11:00am	Gentle Stretch and Relaxation	R1	Kathy L.
5:00pm - 5:50pm	Zumba	R2	Amity
6:00pm-6:30pm	CORE!!!	R2	Amity

Friday

Time	Class	Location	Instructor
8:00am - 9:00am	Barre		Kathy H.
9:00am-10:00am	Mat Pilates		Francesca
5:45pm - 6:30pm	Spinning	Spin	Jim

Saturday

Time	Class	Location	Instructor
------	-------	----------	------------

Sunday

Time	Class	Location	Instructor
9:00am - 10:00am	Strength & Mobility Yoga	R1	Emily

Kid Care Hours

Opening Soon!

Phys-Ed Hours

Monday - Friday 5:00am - 8:00pm
Saturday & Sunday 7:00am - 4:00pm

Phys-Ed Health & Performance

10 Still River Drive
New Milford, CT 06776
(860) 355-4354
www.phys-ednm.com

**This schedule will change weekly based on instructor availability, comfort and weather conditions.*

**We will try to hold all classes outside, weather permitting. Inside classes are limited to ten so please reserve your spot. Please Sign up for all class.*

**Please no cell phones in class*