

Group X Schedule

Winter 2021



Monday

Time	Class	Location	Instructor
5:45am - 6:30am	Tabata	?	Eric
9:00am-9:55am	Spinning	Spin	Vicki
10:00am-11:00am	Prime Time	R2	Chris
10:00am-10:50am	Bootcamp	?	Eric
5:00pm-5:50pm	BootCamp	?	Amity
6:00pm-6:45pm	Tabata	?	JC

Tuesday

Time	Class	Location	Instructor
9:00am-10:00am	TRX	R1	Chris
9:00am - 9:50am	Dance Party	R2	Mary Lou
5:30pm-6:30pm	Barre	R1	Vicki

Wednesday

Time	Class	Location	Instructor
8:00am - 8:45am	Pump Fit	?	Vicki
4:30pm-5:15pm	Chisel and Burn	R2	Valerie
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	Yin and Stretch	R1	Katie Rose
	Yoga		
5:00pm - 6:00pm	Zumba	R2	Amity
6:00pm-7:00pm	PiYo	R1/Virtual	Maggie

Friday

Time	Class	Location	Instructor
8:00am - 9:00am	Barre	R1	Vicki
9:00am-10:00am	Mat Pilates	R2	Heather
4:30pm-5:30pm	Butts and Guts	R2	Amity
(Amity's 6 week pop-up class from 2/26-4/2)			
5:45pm - 6:30pm	Spinning	Spin	Jim

Saturday

Time	Class	Location	Instructor
9:00am-9:50am	Spinning	Spin	Vicki

Sunday

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

Kid Care Hours

By appointment

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*