

Group X Schedule

Summer 2021



Monday

Time	Class	Location	Instructor
5:45am - 6:30am	Tabata	Track	Eric
8:00am - 9:00am	Yoga	Megan	R1
9:00am - 9:55am	Spinning	Spin	Vicki
10:00am - 11:00am	Prime Time	R2	Chris
10:00am - 10:50am	Bootcamp	Track	Eric
4:30pm - 5:30pm	Zumba	R2	Thelma
6:00pm - 6:45pm	Tabata	?	JC

Tuesday

Time	Class	Location	Instructor
8:00am - 9:00am	TRX	R1	Chris
9:00am - 9:50am	Dance Party	R2	Mary Lou
10:00am-11:00am	Mat Pilates	R1	Heather
5:45pm-6:45pm	Spin	Spin	Bob

Wednesday

Time	Class	Location	Instructor
9:00am - 10:00am	Pump Fit	R2	Vicki
10:00am - 10:50am	All-in-One	R2	Mary Lou
5:30pm - 6:30pm	Hiit Hybrid	R1	Megan
5:45pm - 6:30pm	Spinning	Spin	Jim

Thursday

Time	Class	Location	Instructor
5:45am - 6:30am	Bootcamp		Shelley
8:00am-8:50am	Power Pump	R2	Bob
9:00am-10:00am	Spin	Spin	Bob
9:00am - 9:50am	Dance Party	R2	Mary Lou
5:00pm - 6:00pm	Zumba	R2	Thelma
6:00pm-7:00pm	PiYo	R1	Maggie

Friday

Time	Class	Location	Instructor
8:00am - 9:00am	Yoga	R1	Megan
9:00am-10:00am	Mat Pilates	R2	Francesca
5:45pm - 6:30pm	Spinning	Spin	Jim

Saturday

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

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*