

# Group X Schedule

Spring 2022



## 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	Michaela
10:00am - 11:00am	Prime Time	R2	Chris
10:00am - 10:50am	Bootcamp	Track	Eric
5:30pm-6:30pm	Spin Combo 101	Spin	Jim
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
4:45pm-5:30pm	Power Pump	R2	Bob
5:45pm-6:45pm	Spinning	Spin	Bob

## Wednesday

Time	Class	Location	Instructor
8:00am-9:00am	Strike Boxing	R1 (\$)	Kathy H.
9:15am - 10:00am	Pump Fit	R2	Kathy H.
10:00am - 11:00am	Yoga	R1	Megan
10:15am - 11:15am	All-in-One	R2	Mary Lou
5:30pm-6:30pm	Zumba	R2	Jen
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
8:30am-1:00pm	Weight Watchers	R1	(\$)
9:00am-10:00am	Spin	Spin	Bob
9:00am - 9:50am	Dance Party	R2	Mary Lou
6:00pm-7:00pm	PiYo	R1	Maggie

## Friday

Time	Class	Location	Instructor
8:00am - 9:00am	Yoga	R1	Megan
9:00am - 10:00am	Spinning	Spin	Michaela
9:00am-10:00am	Mat Pilates	R2	Francesca
5:15pm-6:15pm	Happy Hour Yoga	R1	Kathy
5:45pm - 6:30pm	Spinning	Spin	Jim

## Saturday

Time	Class	Location	Instructor
9:00am-9:50am	Spinning	Spin	Michaela
9:00am-10:00am	Zumba	R2	Monica

## Sunday

Time	Class	Location	Instructor
9:00am - 10:00am	Strength & Mobility Yoga	R1	Emily
9:00am-9:45am	Power Pump	R2	Bob
10:am-10:45am	Sunday Cycle	Spin	Bob

### Kid Care Hours

Monday through Sunday 9am-12pm by appointment only.

Please allow 48 hours for Front Desk to schedule.

### 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 changes frequently based on instructor availability, class participation and weather conditions. Please refer to the notice board next to the Front Desk for current changes. We also post to our Social Media.*

*\*Please refrain from using your cell phone while in class.*

*\* (\$)* This is a paid program. See Front Desk for more info.