

Group X Schedule

Fall 2023



Monday

Time	Class	Location	Instructor
5:45am - 6:30am	Tabata	Track	Eric
9:00am - 9:50am	Spin	Spin	Michaela
9:00am - 10:00am	Pilates	R1	Heather
10:00am - 11:00am	Prime Time	R2	Chris
10:00am - 10:50am	Bootcamp	Track	Eric
4:45pm - 5:30pm	HiIT	Track	James
6:00pm - 6:50pm	Zumba	R2	Kaitlyn
6:00pm - 6:50pm	Spinning	Spin	Maggie/Jim

Tuesday

Time	Class	Location	Instructor
8:00am - 9:00am	TRX	R1	Chris
8:45am - 9:30am	Abber Dabbers	R1	James
9:00am - 9:50am	Dance Party	R2	Mary Lou
10:00am - 10:50am	Barre	R1	Shelley
4:45pm-5:30pm	Power Pump	R2	Bob
5:45pm-6:45pm	Spinning	Spin	Bob

Wednesday

Time	Class	Location	Instructor
5:45am - 6:30am	Spinning	Spin	Shelley
9:00am - 10:00am	Pump Fit	R2	Bob
10:00am - 11:00am	All-in-One	R2	Mary Lou
4:45pm - 5:30pm	HiIT	Track	James
5:45pm - 6:30pm	Spinning	Spin	Maggie/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
4:30pm-5:30pm	Barre	R1	Shelley
6:00pm-7:00pm	PIYo	R1	Maggie

Friday

Time	Class	Location	Instructor
5:45am - 6:45am	Yoga for Grunts	R1	Shelley
8:00am - 9:00am	Yoga	R1	Megan
9:00am - 10:00am	Spinning	Spin	Michaela
9:00am-10:00am	Mat Pilates	R2	Heather
10:00am-11:00am	Bootcamp	R2	James
5:45pm - 6:30pm	Spinning	Spin	Jim

Saturday

Time	Class	Location	Instructor
9:00am-9:50am	Spinning	Spin	Michaela
9:00am-10:00am	Dance Fit Mix	R2	Alternating
10:00am - 10:30am	Abber Dabbers	R1	James

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.*