





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Bare Fitness</i>						
<p>9:30 In Shape with... ZEE</p>	<p>9:30 am PILATES Nancy S.</p>	<p>9:30 IN SHAPE WITH... ZEE</p>	<p>9:30am PILATES Nancy S.</p>		<p><u>8:30am</u> TNT MICHELLE</p>	
<p>11am  KARA</p>	<p>11:00 Silver Strength Barry</p>	<p>11:30 am  KARA</p>		<p>11am  Barry</p>		
<p>If you are</p>	<p><i>Interested in a</i></p>	<p>4:30 Class see</p>	<p>Front desk.</p>			
<p>5:30 Circuit ZEE</p>	<p>5:30 Kickboxing MICHELLE</p>	<p>5:30 TNT Michelle</p>	<p>5:30 YOGA REBECCA</p>	<p>5:30 ISABEL </p>		
	<p>6:30 pm HATHA YOGA REBECCA</p>					

IN SHAPE WITH...ZEE This class incorporates a series of varied body sculpting exercise alternating with aerobic paced movements. It maximizes motivation while challenging your entire body.

CLUB HOURS

MON-THURS 5:30AM-9:30PM
FRI 5:30AM-8:30PM
SAT 8:00AM-3:30PM
SUN 8:30AM- 2:30PM
(845)294-5004

SILVER Supervised time on the fitness floor for seniors using the strength and cardio machines.

STRENGTH



Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health.

www.barefitness.net



Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International Music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

HATHA YOGA Hatha Yoga is a 55 minute yoga class known as the branch of yoga that unites pairs of opposites referring to the positive (sun) and negative (moon) currents in the system.

TNT It's all about a punch and a crunch, a romp and a stomp in the boot camp style cardio/sculpting class. You'll sweat and work like There's No Tomorrow!

BOOT CAMP Cardio and strength drills performed at fast-paced intervals. You will alternate 3 minutes of cardio with 15 minutes of strength training for a total body workout!