



FITNESS CLASSES

Joseph T. St. Lawrence Community, Health and Sports Center
(845)753-2324

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Zumba 9:00 AM		Yoga 9:00 AM	Cardio/Core Blast 9:00 AM	Yoga 9:00 AM	Body Sculpt 9:00 AM
Yogaerobics 9:30 AM		Body Sculpt 9:30 AM	Spin 9:30 AM	Body Sculpt 10:00 AM	Spin 9:00 AM	
	Yoga 10:00 AM		Belly Dancing 10:00 AM	Forever Young 11:00 AM	Tough & Tight 10:00 AM	Tai-Chi 10:00 AM
Forever Young 10:30 AM	Easy Ride/Cycle 10:00 AM	Forever Young 10:30 AM	*Senior Fit* 11AM *(extra fee)*	Zumba 4:30 PM	Kickbox Bootcamp 11:00 AM	Spin 10:00 AM
Zumba 4:30 PM			CardioFusion 4:30 PM (30 min.)	<p style="text-align: center;"><u>Program Notes:</u></p> <ul style="list-style-type: none"> ➤ Classes are subject to change due to attendance. ➤ Space is limited in each class – classes may be added if deemed necessary. ➤ Members can call 24 hours in advance to reserve spot in Kickbox and Spin classes, please do not leave a voicemail message. ➤ As a courtesy to others, please arrive on time for class. ➤ All guests must register/pay at front desk. 		
		Cardio Fusion 5:30 PM	Pilates/Mat 5:00 PM			
Kickbox Bootcamp 6:00 PM	Body Sculpt 6:00 PM	Yoga 6:30 PM	Cardiorobics 6:30 PM (45 min.)			
Spin 7:00 PM	Cardio/Core Blast 7:00 PM	Spin 7:00 PM	Yoga 7:15 PM			