


TIME FOR ME FITNESS CLASSES (845)753-2324

JTS CENTER- 115 Torne Valley Road, Hillburn NY 10931

www.ramapoparks.org

SUN	MON	TUES	WED	THURS	FRI	SAT
Spin 9:00am	Cardio Tone 9:30am	Yoga 9:00am	Combo Cardio Tone 9:00am	Yoga 9:00am	Cardio Tone 9:00am	Yoga 9:00am
Strength & Stretch 10:00am			Spin 10:00am		Cardio Stretch 10:00am	Spin 9:30am
	Senior Combo 10:30am		Senior Chair Yoga 11:00am	Zumba Gold 10:15am	Senior Strength Training & Body Balance 10:45am	Tough & Tight 10:30am
	Spin 5:30pm		30/30 Spin & Strength Training 5:30pm			
	Yoga 6:30pm	Bootcamp 5:00pm		Bootcamp Plus 5:15pm		
<ul style="list-style-type: none"> • Time For Me Classes only for members with a Fitness Package • Senior Memberships include highlighted classes only • Call to reserve your spot in spin class – LIMITED # OF BIKES 			Yoga 7:00pm		<p>(845) 753-2324</p>	