


TIME FOR ME FITNESS CLASSES

JTS CENTER- 115 TORNE VALLEY RD HILLBURN, NY 10931

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