

Welcome To



Sports Club

Group Fitness Schedule **Spring 2010**

Club Hours

Monday - Friday 24 hours

Saturday - Sunday 7am - 10pm

718.349.3494

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30am 60mins Spinning Tara Geesman Studio 2			6:30am 60mins Spinning Allison Rowland Studio 2	9:45am 60mins Spinning Cris Rabang Studio 2	10:30am 90mins Vinyasa Yoga Katherine Rojas Studio 1
					11:00am 60mins 20/20/20 Anthony Liso Studio 1	
12:00pm 60mins Pilates Mat Jennifer Seracuse Studio 1	12:00pm 60mins Boot Camp Sean Lindo Studio 1	12:30pm 60mins Pilates Mat Danielle Pierce Studio 1	12:00pm 60mins Boot Camp Sean Lindo Studio 2	12:30pm 60mins Pilates Mat Jennifer Seracuse Studio 1	12:00pm 60mins Urban Rebounding Christie Cahill Studio 1	
6:30pm 60mins Power Flow Yoga Nora Coffey Studio 1	6:30pm 60mins Total Body Workout Anthony Liso Studio 1	6:30pm 60mins Vinyasa Yoga Jaime Parmelee Studio 1	6:30pm 60mins Total Body Workout Anthony Liso Studio 1	6:30pm 90mins Power Flow Yoga Robert Nguyen Studio 1	3:00pm 60mins Thai Kickboxing Omar Ahmed Studio 1	
7:00pm 60mins Spinning Stephanie Spangler Studio 2	7:30pm 30mins Core Abs Anthony Liso Studio 1	7:00pm 60mins Spinning Lisa Bako Studio 2	7:30pm 30mins Core Abs Anthony Liso Studio 1			
7:30pm 60mins Get Ripped Terrance Campbell Studio 1	8:00pm 60mins Spinning Cris Rabang Studio 2	7:30pm 60mins Get Ripped Terrance Campbell Studio 1	6:30pm 45mins Spinning Tara Geesman Studio 2		<p>For your safety no one will be permitted to attend a class after 10 minutes of start. Classes and instructors are subject to last minute changes.</p>	
8:30pm 30mins Abs Terrance Campbell Studio 1	8:00pm 60mins Urban Rebounding Christina Johnson Studio 1	8:30pm 30mins Abs Terrance Campbell Studio 1	7:15pm 45mins Spinning Tara Geesman Studio 2			
			8:00pm 60mins Thai Kickboxing Omar Ahmed Studio 1			