



**Group Fitness Schedule  
Summer '09**

**PLAINVIEW  
Effective 7/3/09**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00*</b> <b>SPIN</b> (Kathryn)	<b>9:00*</b> <b>HI/LOW CARDIO</b> (Lisa)	<b>9:15</b> <b>MAXIMAL BODY SCULPT</b> (Eileen)	<b>9:00*</b> <b>CARDIO STEP</b> (Lisa)	<b>9:15</b> <b>PILATES</b> (Marianne)	<b>8:30</b> <b>50/50 (Spin &amp; Weights)</b> (Barbara)	<b>8:00◇</b> <b>STRENGTH &amp; ENDURANCE KICKBOXING</b> (Annalee)
<b>9:00</b> <b>YOGA</b> (Keith)	<b>9:45*</b> <b>BODY SCULPT X-PRESS</b> (Lisa)	<b>10:15*</b> <b>CARDIO STEP</b> (Eileen)	<b>9:45*</b> <b>BODY SCULPT X-PRESS</b> (Lisa)	<b>10:15</b> <b>CARDIO FUSION</b> (Barbara)	<b>9:30</b> <b>HI-LOW CARDIO 'n Abs</b> (Christine)	<b>9:15</b> <b>CARDIO STEP n Abs.</b> (Leonora)
<b>10:00◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)	<b>10:30◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)		<b>10:30◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)		<b>10:30◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)	<b>10:15*</b> <b>BODY SCULPT X-PRESS</b> (Leonora)
	<b>5:00</b> <b>INTERVAL CIRCUIT</b> (Barbara)	<b>5:30*</b> <b>SPIN</b> (Barbara)	<b>5:15*</b> <b>SPIN</b> (Christine)	<b>5:30</b> <b>PILATES</b> (Cathy)		
	<b>6:00</b> <b>ZUMBA FIT</b> (Mary)	<b>6:30</b> <b>PILATES</b> (Cathy)	<b>6:30*</b> <b>BODY SCULPT X-PRESS</b> (Christin)	<b>6:30</b> <b>MAXIMAL BODY SCULPT</b> (Christin)	<b>6:30◇</b> <b>CARDIO KICKBOXING w/bag</b> (Christin)	
	<b>7:00◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)	<b>7:30◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)	<b>7:15◇</b> <b>CARDIO KICKBOXING w/bag</b> (Annalee)	<b>7:30*</b> <b>SPIN</b> (Bobbi)		

**All classes 1 hour except where noted \*45 min.  
◇Boxing Gloves required  
RESERVATIONS REQUIRED FOR ALL SPIN CLASSES  
101 Sunnyside Blvd. Plainview NY  
516-349-3082**