



Class Schedule

SPRING SCHEDULE
effective Monday, April 5th

FOREVER FIT GYM

96 Washington Drive
Centerport, NY 11721
271-7820

CLUB HOURS:

Mon-Thurs 5:30am - 9pm
Fri 5:30am - 7pm
Sat-Sun 6:30am - 4pm

CHILDCARE HOURS:

Mon-Fri 9am - 12pm

SPINNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM Cathy	9:30-10:30 AM Tony	6:15-7:00 AM John	9:30-10:30 AM Cathy	6:15-7:00 AM John	8:00-9:00 AM Nicole	9:00-10:00 AM
7:00-7:45 PM Gregg	5:00-5:45 PM Jane McG.	9:30-10:30 AM Gregg 7:00-7:45 PM Jeannie	5:00-5:45 PM Nicole	9:30-10:30 AM Jeannie	9:15-10:15 AM ** ** 1st Sat. of each month = "Training Wheels: Intro to Spin"	

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM Cardio Sculpt Jeannie	NEW CLASS! 7:00-8:00 AM Wake Up Call Jane McG.	9:30-10:30 AM Fat-to-Firm: 60-Minute Meltdown Cathy	NEW CLASS! 7:00-8:00 AM Get Up & Go Jane McG.	9:30-10:30 AM Total Body Conditioning Babs	8:15-9:15 AM Instructor's Choice Power Hour	8:30-9:00 AM Cardio Express
10:45-11:45 AM Yoga Carmella	9:30-10:30 AM Pilates Claire	10:45-11:45 AM Yoga Flow Michelle	9:30-10:30 AM Boot Camp Donna	NEW CLASS! 10:45-11:45 AM Sweet Cheeks Cathy	9:15-10:15 AM Tighten and Tone	9:00-9:30 AM Below the Belt
12:00-1:00 PM Any Stage/Any Age Cathy	10:45-11:45 AM Sweat Jeannie	5:00-6:00 PM Hot Buns Claire	10:45-11:45 AM Cardio, Core & More Claire	Get in the Best Shape of Your Life!	10:30-11:30 AM* ZUMBA Ana * Separate Fee Schedule	9:30-10:00 AM Above the Belt
5:00-6:00 PM Total Body Blast Cathy	6:00-6:45 PM Tighten & Tone Jane McG.	7:30-8:30 PM* ZUMBA Ana * Separate Fee Schedule	12:00-1:00 PM Any Stage/Any Age Cathy	Try our Expert Personal Training at Fantastic Prices!		10:15-11:15 AM Yoga Alison
NEW CLASS! 6:15-7:15 PM Calorie Killer Jane Thompson	7:00-8:00 PM Yoga Flow Lynn		6:00-6:45 PM Tighten & Tone Louise			
			7:00-8:00 PM Pilates Colleen			

Visit us at:

www.foreverfitgym.com



Ask about One-on-One Nutrition Counseling and Our "Biggest Loser" Group Weight Loss Program!

All instructors are certified for your safety!
Where no instructor is indicated, they are rotated weekly.
Schedule & instructors are subject to change without notice.