



Class Schedule

NEW! SUMMER SCHEDULE
effective August 2, 2010

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*

***SUMMER HOURS:**

(Memorial Day - Labor Day)

Sat-Sun 6:30am - 2pm

CHILDCARE HOURS:

Mon & Fri 8:30am-12pm

Tue - Thu 9:00am-12pm

SPINNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM <i>Cathy</i>	9:30-10:30 AM <i>Tony</i>	6:15-7:00 AM <i>John</i>	9:30-10:30 AM <i>Cathy</i>	6:15-7:00 AM <i>John</i>	8:00-9:00 AM <i>Nicole</i>	8:30-9:30 AM
7:00-7:45 PM <i>Gregg</i> (class suspended until Fall)	5:00-5:45 PM <i>Jane McG.</i> (class suspended until Fall)	9:30-10:30 AM <i>Gregg</i>	5:00-5:45 PM <i>Nicole</i> (class suspended until Fall)	9:30-10:30 AM <i>Nicole</i>	1st Saturday of the Month 9:15-10:15 AM Training Wheels: Intro to Spin	
		7:00-7:45 PM <i>Jeannie</i>				

GROUP EXERCISE SCHEDULE

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



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.