



Class Schedule

SUMMER SCHEDULE

effective June 30th

Forever

96 Washington Drive
Centerport, NY 11721

SUMMER CLUB HOURS:

Mon-Thurs 5:30am-9pm
Fri 5:30am-7pm
Sat-Sun 6:30am-2pm

CHILDCARE

SPINNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM Spin & Scul pt Liz	9:30-10:30 AM Tony	6:15-7:00 AM John	9:30-10:30 AM Jeannie or Gregg	6:15-7:00 AM John	8:00-9:00 AM	9:00-10:00 AM
7:15-8:15 PM Gregg	5:15-6:00 PM Abby	7:15-8:15 PM Fay	5:15-6:00 PM Jane McG.	9:30-10:30 AM Nicole	10:00 - 10:45 AM Training Wheel s: Intro to Spin July 12th & August 9th	

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 AM Cardio Scul pt Jeannie	7:00-8:00 AM Breakfast BI end Jane McG.	9:30-10:30 AM Fat-to-Firm: 60-Minute Mel tdown Cathy	7:00-8:00 AM Morning Mix Lori	9:30-10:30 AM Total Body Conditioning Babs	*6:45-7:45 AM Yoga Michelle or Carmel l a	8:30-9:00 AM Cardio Express
10:45-11:45 AM Yoga Carmel l a	9:30-10:30 AM Pll ates Claire	10:45-11:45 AM Yoga FI ow Michelle	9:30-10:30 AM Pump It Up- Tone It Down Claire	10:45-11:45 AM Cardio Scul pt Jeannie	New class! 8:30-9:00 AM Instructor's Choice Power Hour	9:00-9:30 AM Bel ow the Bel t
10:45-11:15 AM Weight Room Orientation Jeannie	New class! 10:45-11:45 AM Beach Body BI aster Jeannie	5:00-6:00 PM Cardio Combo Claire	10:45-11:45 AM Any Stage/Any Age Cathy	Get in the Best Shape of Your Life! Try our expert Personal Training at Fantastic Prices!	*9:00-10:00 AM Tighten and Tone	9:30-10:00 AM Above the Bel t
12:00-1:00 PM Any Stage/Any Age Cathy	6:00-7:00 PM Above & Bel ow the Bel t Joanne	5:30-6:00 PM Weight Room Orientation Louise	6:00-7:00 PM Tighten and Tone Jane McG.		10:00-10:30 AM Weight Room Orientation	10:15-11:15 AM Yoga Allison
New Class! 5:00-5:45 PM Centerport Speed Wal k Cathy	7:00-8:00 PM Yoga FI ow Lynn		7:00-8:00 PM Yoga Cathy			
6:30-7:30pm Tae Bo Kickboxing Carl een						

Visit us

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All instructors are certified for your safety!

Schedule & instructors are subject to change without notice; where no instructor is indicated they are rotated weekly.