

# FALL SCHEDULE

# GROUP EXERCISE

Effective 9/22/24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM ZUMBA	9:30AM 30 MINUTE CARDIO**	It's back! 8:45AM BODY SHAPING	9:30AM 30 MINUTE CARDIO	8:45AM SPINNING	9:00AM BOSU BALANCE & CORE*	9:30AM CARDIO/ SCULPT
9:00AM SPINNING	10:00AM WEIGHTS & ABS		10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	9:15AM BODY SHAPING	10:15AM ABS
9:45AM 30 MINUTE CARDIO	10:30AM ZUMBA	New! 1:00PM CHAIR YOGA	10:30AM ZUMBA	10:15AM LATIN CARDIO & SCULPT	10:00AM 30 MINUTE CARDIO**	10:30AM UPPER & LOWER BODY
10:15AM ABS EXPRESS	10:30AM YOGA	10:30AM YOGA		10:30AM YOGA	10:30AM YOGA	11:00AM ZUMBA
10:30AM BARRE	5:45PM BODY SHAPING	5:45PM WEIGHTS & ABS	5:45PM PILATES & SCULPT		10:30AM ZUMBA GOLD	
New! 10:30AM RESTORATIVE YOGA	6:30PM ZUMBA	6:00PM STEP EXPRESS	6:30PM ZUMBA	1:00PM CHAIR YOGA		
	6:30PM YOGA	6:30PM ZUMBA		5:50/6:10PM WTS & ABS/ STEP	*BOSU will be held on 1st Fri of month only	
				6:30PM ZUMBA	**will be Cardio/ Step 1st Mon & Fri of month	
				6:30PM YOGA		



Yoga classes are held in Studio B, except CHAIR YOGA (Studio A)  
 Spinning classes are held in the Spinning Room  
 All other classes are held in Studio A  
 Mats are available for use, but members may choose to bring their own

Thank you for helping NERC create a safe, healthy, & enjoyable workout environment



## NORTHEAST RACQUET & FITNESS CENTER

KREWSTOWN ROAD & GRANT AVENUE, PHILA., PA 19115 • 215-671-9220 • www.northeastracquet.com