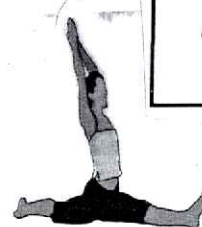


# WINTER SCHEDULE

Effective 1/14/2024

## GROUP EXERCISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM ZUMBA	9:30AM 30 MINUTE CARDIO**	9:45AM UPPER & LOWER BODY	9:30AM 30 MINUTE CARDIO	8:45AM SPINNING	9:00AM BOSU BALANCE & CORE*	9:30AM CARDIO/ SCULPT
9:00AM SPINNING	10:00AM WEIGHTS & ABS	10:15AM MAT PILATES	10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	9:15AM BODY SHAPING	10:15AM ABS
9:45AM 30 MINUTE CARDIO	10:30AM ZUMBA	10:30AM 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/ MAT PILATES#	5:45PM BODY SHAPING		5:45PM BODY SHAPING	1:00PM CHAIR YOGA	10:30AM ZUMBA GOLD	
#10:30am class format will vary on a monthly basis	6:30PM ZUMBA	6:00PM STEP EXPRESS	6:30PM ZUMBA	5:50 / 6:10PM WTS & ABS/ STEP		
	6:30PM YOGA	6:30PM ZUMBA		6:30PM ZUMBA	*BOSU will be held on 1st Fri of month only **will be Cardio/ Step 1st Mon & Fri of month	
				6:30PM YOGA		
				7:15PM LADIES DANCE WORKSHOP		



Yoga classes held in Studio B, except Chair Yoga (Studio A)

Spinning classes held in Spinning Room

All other classes held in Studio A

Members are encouraged to bring their own mats

Any equipment should be wiped down after use

Thank you for helping NERC to create a safe & enjoyable workout environment!



### NORTHEAST RACQUET & FITNESS CENTER

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