

# CLASS SCHEDULE

## 2018

For questions, please contact:  
 Front Desk 215-627-4900 OPT 8  
 Thank you for being a valued member.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp: Fast 'n Furious I</b> 9:00 AM Anne		<b>Bootcamp: Fast 'n Furious II</b> 9:00 AM Anne		<b>Bootcamp: Fast 'n Furious III</b> 9:00 AM Anne		
<b>Movin' &amp; Groovin' (For Seniors)</b> 10:30 AM Anne	<b>Yoga</b> 10:00 AM Gabrielle		<b>Yoga</b> 10:00 AM Lucy		<b>Stretch &amp; Align</b> 8:00 AM Val	<b>Yoga Flow</b> 10:00 AM Qori
	<b>SILVER SNEAKERS (For Seniors)</b> 9:00 AM ANNE		<b>SILVER SNEAKERS (For Seniors)</b> 9:00 AM ANNE		<b>Yoga</b> 8:30 AM Val	<b>Zumba Toning</b> 11:00 AM MARGIE
<b>BOXING</b> 6:00 PM Mike			<b>BOXING</b> 6:00 PM Mike		<b>Zumba</b> 11:30 AM Marianna	
	<b>Zumba</b> 6:30 PM KRISTEN					
<b>POWER YOGA</b> 6:30 PM Dana		<b>MAT PILATES</b> 6:30 PM Candace	<b>Zumba</b> 7:30 PM Geneva	<b>OG tshirts \$10 at front desk</b>		
<b>To enter the club during 24 access hours, use your private access code.</b>						

**"SPONSOR A BUDDY" PROGRAM**  
 Receive 1 FREE MONTH & 1 T- SHIRT for REFERRING A FRIEND.  
 For more details, please contact the front desk.

**OPTIMAL GYM WHERE MEMBERS BECOME FRIENDS**

- Rules/Reminders: Any class with fewer than three (3) participants will be cancelled.
- Warm-up and cool downs are important parts of your workout.
- Please be on time and return all equipment to its proper place.
- Inform your instructor if you are new to the class, pregnant or if you have any limitations.