

CLASS SCHEDULE

2016

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
Bootcamp: Fast 'n Furious I 9:00 AM Anne		Bootcamp: Fast 'n Furious II 9:00 AM Anne		Bootcamp: Fast 'n Furious III 9:00 AM Anne		
Movin' & Groovin' (For Seniors) 10:30 AM ANNE	Yoga 10:00 AM Gabrielle		Yoga 10:00 AM Emily		Stretch & Align 8:30 AM Val	Yoga Flow 10:00 AM Dahvia
BOXING 6:00 PM Mike	SILVER SNEAKERS (For Seniors) 9:00 AM ANNE		SILVER SNEAKERS (For Seniors) 9:00 AM ANNE		Yoga 9:00 AM Val	Zumba Toning 11:00 AM Luis
POWER YOGA 6:30 PM Marty		BOXING 6:00 PM Mike			Zumba 11:30 AM Luis	
Cize Live 1st Monday's 7:30/Yvonne	VINYASA FLOW YOGA 6:30 PM Dana					
Zumba 7:30 PM Yvonne		MAT PILATES 6:30 PM Candace	Zumba 7:30 PM Geneva	Jiu-Jitsu Classes are open only to Jiu-Jitsu members. FREE introductory classes are available.		
To enter the club during 24 access hours, use your private access code.				OG tshirts & hats \$10 at front desk		
<p>"SPONSOR A BUDDY" PROGRAM Receive 1 FREE MONTH & 1 T- SHIRT for REFERRING A FRIEND. For more details, please contact the front desk.</p> <p>THAI YOGA BODYWORK Members receive \$10 OFF 1st session schedule@stretchandalign.com</p>						

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.