

# LifePlex Health Club Deluxe Member Group Fitness Schedule

EFFECTIVE 3/1/19

## All Classes Require A Wrist Band

### Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES MAT in S1 8:00 AM w/ KAREN S	ZUMBA in S1 8:00 AM w/ THERESA	TOTAL BODY CONDITIONING S 8:00 w/ LOUISA	CARDIO SCULPT in S1 8:00 AM w/ THERESA	20/20/20 in S1 8:00 AM w/ RINA		**STRENGTH FUSION in S1 8:15 AM w/ TIFFANY	
**POWER HOUR in S1 9:25 AM w/ MERYL	*CARDIO KICK & BURN in S 9:25 AM w/ MERYL	**CORE STRENGTH in S2 9:25 AM w/ NAAMAH	**PILATES MAT in S1 9:30 AM w/ JENNY	**STEP/KICK/SCULPT in S1 9:25 AM w/ JENNY	S1 = Studio 1 S2 = Studio 2 S3 = Studio 3 **= WOMEN'S ONLY All classes are allotted a time slot. This time includes setup & breakdown. Your instructor will determine actual class length within the designated time frame.	**20/20/20 IN S2 8:15AM w/ NICOLE	
**PILATES FUSION in S2 9:30 AM w/ ELLEN	** ZUMBA in S2 9:40 AM w/ HENNY *55 minute class	**STEP BLAST 9:25 AM w/ MERYL		** YOGA in S3 9:15 AM w/ DEVORAH		**BOOTCAMP in S1 9:30 AM w/ MERYL	
** YOGA in S3 9:30 AM w/ JANICE		** YOGA in S3 9:30 AM w/ JANICE	**STRENGTH FUSION in S2 9:30 AM w/ AMY	** ZUMBA in S2 9:30 AM w/ ELLEN		**CORE BARRE IN S2 9:30 AM w/ TIFFANY	
**STEP/KICK/SCULPT in S1 10:30 AM w/ JENNY	**PILATES MAT in S1 10:30 AM w/ JENNY			**BOOTCAMP in S1 10:30 AM w/ JENNY		**YOGA in S3 10:30 AM w/ SHARIE	
**CARDIO SCULPT in S2 10:30 AM w/ NAAMAH	**STRENGTH FUSION in S2 10:40 AM w/ MERYL	**DANCE FIT in S1 10:30 AM w/ ALLEGRA	**DANCE FUSION in S1 10:35 AM w/ ALLEGRA	**20/20/20 in S2 10:40 AM w/ ELLEN		**ZUMBA in S1 10:40 AM w/ ESTEE	
	**POWER YOGA in S3 7:30pm w/ SARAH OR TERRY	**SCULPT AND GROOVE in S2 10:30 AM w / NAAMAH	**DANCE FUSION in S2 10:35 AM w/ ELLEN	No Entry to Class in progress. No bands issued after Scheduled start times. Please note classes are subject to change/cancellation without notice. Use of cell phones is not permitted in Group Exercise Classes			
	TOTAL BODY CONDITIONING in S2		**POWER YOGA in S3 7:30PM w/ SARAH OR EFRAT	<u>Club Hours</u> MON-THURS 5AM - 11PM FRIDAY 5AM - 8PM SAT 7:30AM - 5PM SUN 7:30AM - 5PM		<u>Nursery Hours</u> Mon-Fri 8:30am -2:15pm Sunday 8:00am-2:00pm	
**ZUMBA IN S1 8:00 PM w/ RIVKY	8:00pm w/ Nicole	** ZUMBA in S1 8:00 PM w/ KATIE					

### Spin Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM **SPIN w/ ZAHAVA		9:15 AM **SPIN w/ ESTI		9:30 AM **SPIN w/ ISOLDA		9:30 AM **SPIN w/ AIDY OR ESTI
		10:25 AM **SPIN w/ JENNY				

### Aqua-Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**11:00 AM w/ ISOLDA	9:30 AM w/ TERRY	**11:00 AM w/ GITTY	9:30 AM w/ ALLEGRA	9:15 AM w/ LEA PESSY
** 12 PM w/ CATHERINE	** 6:45 PM w/ NICOLE		** 12 PM w/ CATHERINE	**10:00 AM w/ LEA PESSY

